



Guided Relaxation

A few of the benefits:

- ◇ increased immune function
- ◇ improved digestive function
 - ◇ better sleep
- ◇ physical rejuvenation
 - ◇ mental relaxation
 - ◇ overall wellness

Yoga with NO Movement? Learn more!

Yoga instructor and Pine Tree Hospice Volunteer, Gayle Worden RYT, is offering free Yoga Nidra sessions for ALL caregivers in the community and for Pine Tree Hospice volunteers. You do not need to be connected to PTH services to participate!

Sessions are approximately 45 minutes and are held at the **Congregational Church on West Main Street in Dover-Foxcroft**. Join us on:

Saturday, February 10 at 9:00 a.m.

Saturday, March 10 at 9:00 a.m.

Saturday, April 14 at 9:00 a.m.

Saturday, May 12 at 9:00 a.m.

Saturday, June 9 at 9:00 a.m.

RSVP by contacting the Pine Tree Hospice office at 564-4346 or emailing wecare@pinetreehospice.org

For more information, call the PTH office or visit Gayle's website:

Center Yoga & Healing Arts www.centeryoga.vpweb.com

Yoga Nidra, or yogic sleep, is the science of deep relaxation. There is **NO movement** necessary; the instructor leads a guided session with her voice to promote deep relaxation with inner awareness for each participant.