

# Yoga Nidra

Yoga Nidra, or yogic sleep, is the science of deep relaxation. Using auto-suggestion cues, visualization, and affirmation to create an environment in which healing can occur, the instructor leads a guided session with her voice to promote deep relaxation with inner awareness for each participant.

The secret of Yoga Nidra (and to better health) lies in its ability to relieve tension and stress at its root and restore a balanced state of mind and a deeply rested body.

A few of the benefits:

- ◇ increased immune function
- ◇ improved digestive function
- ◇ better sleep

- \* physical rejuvenation
- \* mental relaxation
- \* spiritual growth
- \* overall wellness

Yoga instructor and Pine Tree Hospice Volunteer, Gayle Worden RYT, is offering free Yoga Nidra sessions for PTH volunteers and caregivers in the community (you do not need to be receiving PTH services participate)!

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

**Saturday, August 13 at 9:00 a.m.**

**Tuesday, September 6 at 6:00 p.m.**

**Saturday, October 1 at 9:00 a.m.**

**Tuesday, November 1 at 6:00 p.m.**

**RSVP** by contacting the PTH office at 564-4346 or emailing [wecare@pinetreehospice.org](mailto:wecare@pinetreehospice.org)

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

Center Yoga & Healing Arts [www.centeryoga.vpweb.com](http://www.centeryoga.vpweb.com)

