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# Mindful Movements Studio

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*Yoga · Fitness · Lifestyle*



## Yoga Nidra with Kym

**YOGA NIDRA** – also called yogic sleep, or sleep with awareness – is an ancient practice that induces full-body relaxation and a deep meditative state of consciousness.

Join Kym as you rest into an extended savasana. Turn all your senses inward, be guided step by step into your journey. As you move into a meditative state, find yourself in a state of harmony and ultimate relaxation, in which your brainwaves will slow down and a subtle bliss emerges.

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**Thurs., Feb. 14, 2019 • 7 – 8pm**

(Space is limited)

**Cost:** FREE Event for all Passholders & one guest

Non Passholders: \$25 + hst with one guest

**Register Now • email: [Kym@MindfulMovements.ca](mailto:Kym@MindfulMovements.ca)**