

Therastretch & Yoga Nidra

with Doria Rosa

This great workshop is offered by Doria Rosa as a result of member requests.

The workshop will begin with a full-body Therapeutic Stretch, with modifications given as necessary.

Following the Stretch is Yoga Nidra, a guided, deep relaxation sometimes known as "yoga sleep". Participants are encouraged to bring socks, eye covering, or an extra top layer of clothing to enhance your comfort & experience.

Don't miss this wonderful opportunity to begin to have a more stable & flexible body & to gain the ability to have a better quality of sleep, leaving you more rested & thinking more clearly, with less tension & stress.



Saturday, October 6th from 3pm - 4:30pm

Pre Register: \$35

Day Of: \$40