

## Switch Off & Switch In: Time to rest & digest

1<sup>st</sup> or 3<sup>rd</sup> Sunday of each month at 6:15pm



No experience of yoga is necessary. The practice requires nothing of you but to lie down and be cradled in the stillness, steadiness and inner silence that you create within. This guided process leads to some fascinating insights as to your place in *'the family of things'*\*.

More and more research is showing the benefits of the practice:

- Reset sleep patterns and establish patterns to resolve sleep interruptions
- Release deep seated tension and increase energy levels
- Cultivate greater resilience and less reactivity
- Deepen your understanding of what equanimity looks like in your life

Yoga Nidra sessions are held twice monthly. They are generally held on the first and third Sunday of each month

Book at Reception. Members - £15. Monthly Members - £10. Non-members - £17

\* *from The Wild Geese by Mary Oliver, one of my favourite poems and for more details on research see my leaflet on BoCo website or search online. Maya*