

# Time to Relax...



## Experience Yoga Nidra

with Maya

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



You are invited to experience the profoundly relaxing and highly therapeutic practice of Yoga Nidra...

This deeply restorative, guided meditation promotes a profound release of layers of accumulated physical, mental & emotional tension. No experience of yoga is necessary, as the practice requires nothing of you but to lie down and listen...

According to research by the Integrative Restoration Institute ([www.irest.us](http://www.irest.us)) regular practitioners of Yoga Nidra report that it helps:

- Decrease stress, anxiety, fear & depression
- Decrease insomnia and sleep disturbances
- Improve interpersonal relations
- Increase energy levels
- Bring more confidence and joy in their lives
- Promote a sense of peace & wellbeing
- Promote greater resilience and less reactivity

Be supported, held and nourished as you are guided through an exploration of the body, mind and your true nature, revealing your inherent wellbeing and wholeness...

Yoga Nidra sessions are held twice monthly. They are generally held on the first and third Sunday of each month. Details will be on page 2 of the class timetable

Cost: Members - £15. Monthly Members - £10. Non-members - £17

For more information and to book please email or call:

[bookings@boco-uk.com](mailto:bookings@boco-uk.com) / 020 8399 3930

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