

Friday March 9, 7:30-9:00 p.m.

Yoga Nidra

with *Brian Granader*

~ YOGIC SLEEP

Join us for a 30 minute, all levels yoga class followed by a one hour savasana with guided meditation while tibetan singing bowls, a giant gong and halo drum music is played.

\$20 in advance \$25 at the door

When Savasana ends
Yoga Nidra begins...



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