



Yoga Nidra & Guided Self Massage

Community Yoga

March 17, 2012 1:00pm–3:00pm

- Experience Deep Peace
- Enjoy an extended guided meditation in savasana
- Learn techniques for relaxing self
massage

Offered by Kim Neater

Cost: \$25

www.communityyoga.com

20823 N. Main St. (Hwy. 115) Ste. 117

Cornelius, NC 704-491-4749

