



YOGA NIDRA  
*Yogic<sup>x</sup> Sleep*

## 1st Sunday of the Month

Also known as yogic sleep or sleep with awareness, Yoga Nidra is an ancient practice that is rapidly gaining popularity in the West. It is intended to induce full-body relaxation and a deep meditative state of consciousness.

Community Yoga  
20823 North Main Street #117  
Cornelius NC 28031

704-491-4749 or [cyyoga@gmail.com](mailto:cyyoga@gmail.com)

Must Register,