



# Sacred Rest Yoga Nidra

With Terry de la Vega

**Fridays, October 15 – December 17, 2021**

(no class November 26)

**4:30 pm - 5:30 pm**

Yoga Nidra guided meditation creates deep relaxation,  
like the best nap, ever. Each class includes:  
Centering - Gentle Stretching - Yoga Nidra - Integration

Allow yourself to be guided as you release tension and stress.  
Discover the easiest way to meditate or to start a yoga practice.

**Benefits of yoga nidra include:**

- ★ Relief from headache, chronic pain, high blood pressure
- ★ Decreased anxiety, depression, symptoms of PTSD
- ★ Calming the nervous system.
- ★ Inner peace
- ★ Sleep more soundly

Drop-in \$15 per class or Trillium class card. FREE to front-line healthcare workers

**Register at [trilliumwellnesscenter.org](http://trilliumwellnesscenter.org)**

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