

# Meditation & Yoga Nidra

*Experience deep relaxation and mindfulness with Karen Claffey*

**Special Events! When there is a 5th Wednesday of the month.**

**2025 Date: Oct 29 | 2026 Dates: Apr 29, Sep 30**

**5:30-6:30 pm**

## **What does Meditation & Yoga Nidra involve?**

This class offers an experience in meditation, mindfulness, and breathing exercises, followed by gentle grounding yoga poses, ending with Yoga Nidra. Yoga Nidra is a guided relaxation with benefits that may include stress and anxiety reduction, improved sleep quality, increased focus, regulation of bodily functions, reduction of chronic symptoms.

## **What do I need to bring to this class?**

Please bring your yoga mat (or we have spare mats available). Water bottle (opt).



Fees incl HST: \$35 per class | \$60 for 2 classes

\$125 for 5 classes (packaged with Yoga Therapeutic/Stretch classes)

Included for participants with a 10-Class Package for TRX, Ball & Yoga.

Payment via e-transfer to [admin@heaven-onearth.ca](mailto:admin@heaven-onearth.ca) (note there is a dash after heaven).

Minimum 5 and maximum 10 participants. Pre-registration is required.

*Participants need to be able to: Get up and down on their yoga mat without assistance. Be comfortable in a variety of positions including side-lying, prone, supine, and/or in table pose (on hands and knees, blankets are available to cushion the knees). Yoga experience is not required*