

Yoga Nidra

Deep Relaxation
with Marianne Blackburn

Saturday, February 18, 2012
1:00pm - 3:00pm
at Pelican Athletic Club

*Register at the Concierge.
Registration fee is \$25.*



Pelican Athletic Club
1170 Meadowbrook Blvd.
Mandeville, LA 70471
Phone: 985.626.3706

*I*s savasana your favorite part of yoga class? Then this workshop is for you! During this special afternoon, we'll open the body with a short, gentle asana practice before moving into a special hour-long savasana. You'll be guided into deep meditation using visualizations, progressive muscle relaxation and the breath. Yoga nidra means yogic sleep. Anyone can practice yoga nidra, regardless of yoga or meditation experience. Please register early with the concierge for this special treat!



Yoga with Marianne

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