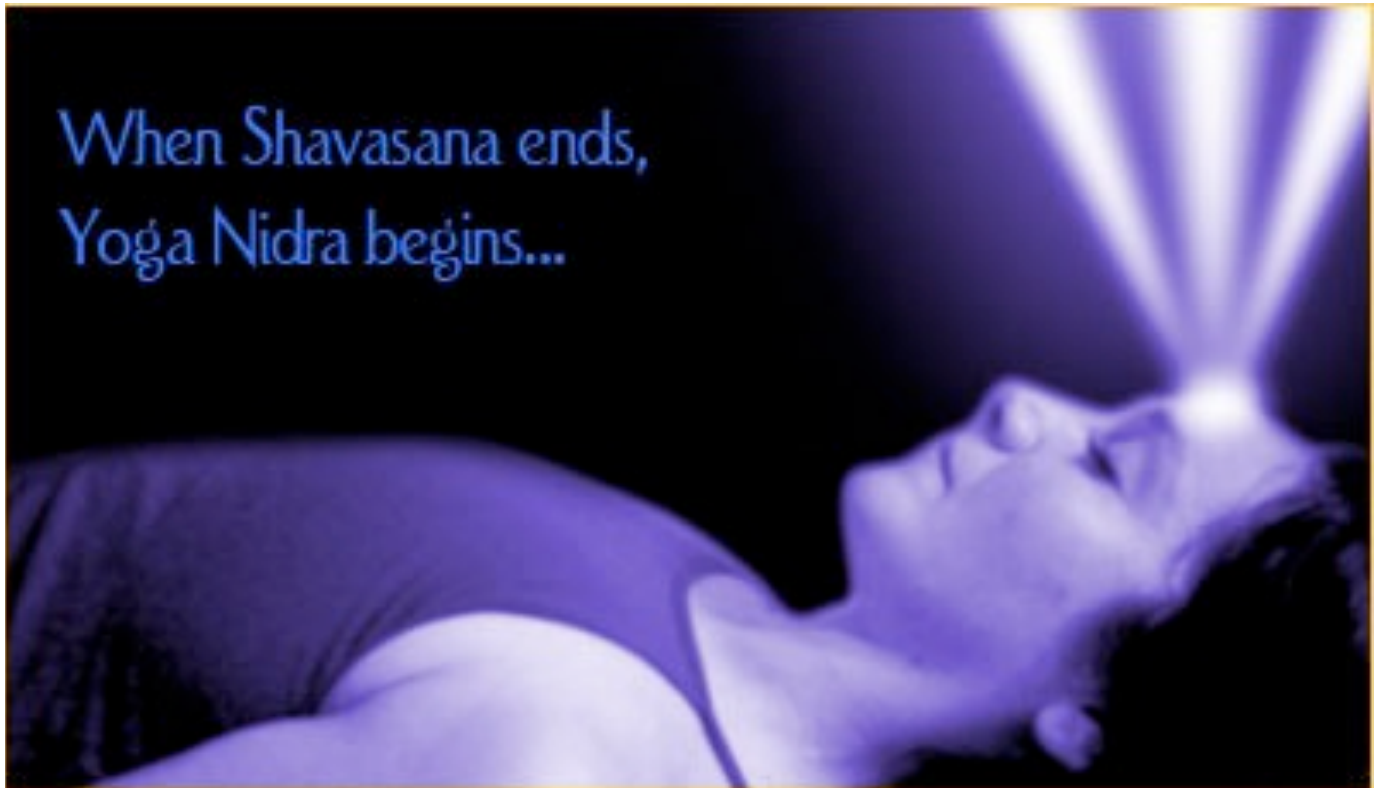


Ananda Shala Meditation Workshops. Find your Bliss in  
February - \$10 per class. Reservation Required  
Instructor: Renee Dutton-O'Hara



## Yoga Nidra on Wednesday, February 8, 7-8pm

Yoga Nidra is a rejuvenating, restful practice that offers mental, emotional and physical relaxation. Yogi sleep guides participants through awareness of sensation, emotions and beliefs.

This class may be taken lying down or in a seated position.

## Guided Meditation on Wednesday, February 22, 7-8pm

- Reduce stress, improve sleep and increase awareness
- Relax and restore your body, mind, and spirit with meditation techniques
- Learn how to be more mindful in your daily life
- Classes will include discussion, guided practice, and Q&A
- No previous experience required

