



WITH HEATHER LEE FARRELL

Deep Relaxation Yoga Nidra

INTEGRATED CONSCIOUS RESTORATION

NOVEMBER 20, 2020

6:30 - 7:45 P.M.

FRIDAY

Deep Relaxation Yoga Nidra practice helps reduce the stress and tensions we carry with us. Enjoy feeling revitalized, a calm nervous system, stress relief and increased health and wellness.

\$18+tax

Held at: www.HighDesertYoga.com 505-232-9642
4600 Copper Ave NE Albuquerque, NM 87108