



Mindful Turtle Yoga & Wellness

www.mindfulturtle.com • (631) 721-1881
1111 Route 25A • Stony Brook, NY 11790

AN EVENING OF RELAXATION Chandra Namaskar and Yoga Nidra



Chandra (moon) Namaskar is a lesser-known companion to Surya Namaskar or Sun Salutations. The Moon Salutations cultivate a calming, rejuvenating quality preparing the body for deep relaxation. Valerie will guide you moving at your own pace, modifying as needed.

We will follow with Yoga Nidra (yogic sleep) to induce complete mental, physical and emotional relaxation. No prior knowledge of Yoga is required; just show up prepared to relax and allow your mind to be a witness for your inner stillness.

Valerie's background as a certified medical assistant led her down the path to studying the healing properties of Yoga. With a strong foundation of anatomy and a respect for the human body, her classes span all ages from teens to seniors, with a focus on healing. Certified at the Kripalu Institute 200 hour and working toward her 500 hour, Valerie is also certified in Yoga Nidra (meditation and relaxation) and is a member of KYTA and LIYA.

Wednesday, December 9th, 2009 from 7:15 to 8:45pm
\$25 per person
All Levels Welcome

Space Limited. Advanced Registration Recommended