

YOGA NIDRA

Open to people nationwide who have or have had
breast, ovarian or any gynecological cancer.

Wednesday May 24, 10:30am-12:00pm (NY time)
Offered via Zoom Video Conference

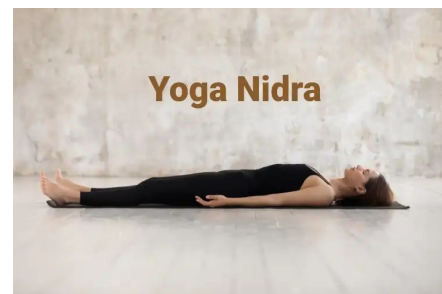
For information or to register, call Support Connection:
914-962-6402 or 800-532-4290.

Pre-registration is required. *Must register before 5pm Tuesday May 23rd.*

Join us for a 90-minute workshop and learn how Yoga Nidra (Yogic Sleep) supports the management of stress and anxiety and overall mental wellness. Yoga Nidra meditation is “yogic sleep.” Through a series of guided instructions the body is led into a state of supreme relaxation where the unconscious and subconscious mind awakens, opening the potential for deep healing.

Benefits of Yoga Nidra include:

- Minimizes tension and counteracts stress
- Relaxes and trains the mind
- Improves sleep and reduces insomnia
- Clears up unconscious conflicts
- Awakens creativity
- Enhances memory and learning capacity



The instructor will guide you every step of the way, preparing you for comfortable participation. No experience is necessary. All you need is a quiet, comfortable space to lie or recline and rest.

INSTRUCTOR: Instructor Jaimee Roncone is a multi-modality healer for over 20 years. She is a certified *Daring to Rest*[™] Yoga Nidra facilitator. Jaimee is also a health and wellness coach and navigator.

www.supportconnection.org