

# YOGA NIDRA

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

*The second Wednesday of the month (beginning August 2023)*

*10:30 -11:30am (NY time).*

2023 dates: 8/9, 9/13, 10/11, 11/8, 12/13

**Offered via Zoom Video Conference**

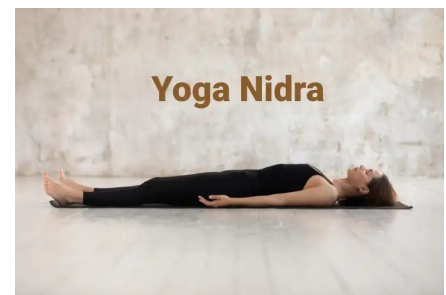
For information or to register, call Support Connection:

914-962-6402 or 800-532-4290.

Pre-registration is required. Must register before 5pm the night before which ever session you'd like to attend.

Join us once per month for a 60 minute Yoga Nidra (Yogic Sleep) session. 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.

- 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](http://www.supportconnection.org)