**DEEP RELAXATION   
&   
YOGA NIDRA**

***Join us for a workshop of deep relaxation for the mind and body. Experience Yoga Nidra which is an ancient practice where you are guided to a state of consciousness between being awake and asleep.***

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***Saturday 21st January   
4.30pm – 6pm***

***At   
The Friends Meeting House, Charlbury  
Also on line via zoom***  
Led by Nikki Jackson, yoga therapist and yoga teacher who has taught this specialised practice of Yoga Nidra as well as deep relaxations for over 30 years

A close up of a logo

Description automatically generated*To Book contact:   
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