



Healing Yoga
Dorian Abel, MS, RYT

Yoga Nidra

Join us for this sublime healing practice of deep relaxation, guided imagery, and affirmation. It is a restful and powerful method, which done over time, can transform our habits and our lives. The evening will begin with a brief asana practice.

Friday, January 19
7:00 - 8:30 p.m.
\$18 prepaid/\$20 at the door

Healing Yoga
1397 E. Main St.
Douglasville, PA 19518

You may register online or send check to:
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