



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 an introduction to the practice of Yoga Nidra and brief asana sequence.

Friday, April 6

7:00 – 8:30 p.m.

\$18 prepaid/\$20 at the door

Healing Yoga

1397 E. Main St. (Route 724)

Douglasville, PA 19518

You may register online or send check to:

Dorian Abel, P.O. Box 13, Bechtelsville, PA 19505

For more info: 610-369-0831 or 610-310-1479

dorian@healingyogapa.com

www.healingyogapa.com