

FIND YOUR BALANCE.

I REST @ YOGA NIDRA

3 Times Every Week!

TUESDAYS AT NOON

THURSDAY EVENINGS 7:30-8:15 PM

FRIDAY MORNINGS 10-10:45 AM

I REST IS A GUIDED MEDITATION THAT CAN OFFER RELIEF
FROM:

- *POST-TRAUMATIC STRESS
- *ANXIETY & DEPRESSION
- *INSOMNIA
- *TRAUMA
- *STRESS
- *PAIN

REGULAR PRACTITIONERS HAVE ALSO REPORTED:

- *IMPROVED INTERPERSONAL RELATIONSHIPS
- *INCREASED ENERGY LEVELS
- *INCREASED SENSE OF CONTROL IN LIFE
- *GREATER SENSE OF WELL-BEING
- *MORE CONFIDENCE & JOY

OM3YOGA

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