

Parkridge Plaza Building
8950 State Route 108, Suite 109
Columbia, MD 21045



the Yoga Center
of Columbia

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www.columbiayoga.com

Radiant Peace Yoga Nidra Circle

with Melissa Lindon

Sundays, (10/7, 11/4, 12/9, 1/6) 1 - 2:30pm



Imagine experiencing deep relaxation, peace, and a natural connection to your innate wisdom through the effortless practice of yogic sleep.

In the Radiant Peace Yoga Nidra Circle you will...

- Melt stress and tension in your body and mind with simple warm-ups
- Enjoy a deeply restful practice that assists you in fulfilling your heart's desires
- Connect with others through sharing and support for your journey
- Emerge feeling rejuvenated and balanced from your sweet repose

"I get so much out of Melissa's Yoga Nidra workshops. I always leave deeply rejuvenated. Melissa's workshops remind me of how seldom in my "everyday" life, I have an opportunity to really relax." – Leila Carp, yoga nidra student

Newcomers and experienced students welcome.

Registration: \$29 in advance / \$39 at the door



Melissa Lindon, E-RYT500, brings a radiant, grounding presence to the practice of yoga nidra, guiding students to a place of deep peace and rest. She fell in love with yoga nidra in 2004 for its profound benefits for mind, body, and spirit. Beloved by her students at the Yoga Center since 2006, she is a senior student of Rod Stryker and ParaYoga Certified Teacher.

Registration Form

Please fill out this form and return with payment to: The Yoga Center of Columbia
Parkridge Plaza Building, 8950 State Route 108, Suite 109, Columbia, MD 21045. Register Online at www.columbiayoga.com

Name: _____

Address: _____

Telephone # : (Days) _____ (Nights) _____

E- Mail: _____

Please sign me up for the **Radiant Peace Yoga Nidra Circle Workshop(s) with Melissa Lindon:**

All 4 Radiant Peace Yoga Nidra Circle Workshops with Melissa (10/7, 11/4, 12/9 & 1/6) ~~\$\$\$~~ \$108

Oct. 7, 1-2:30pm \$29/\$39 Nov. 4, 1-2:30pm \$29/\$39 Dec. 9, 1-2:30pm \$29/\$39 Jan. 6, 1-2:30pm \$29/\$39

Payment Type: (✓) Cash Check Visa MasterCard American Express Discover

Acct. No. _____ Exp. Date: _____ Signature: _____