

Feathers Wellness Studio

Yoga Nidra

(Guided Meditation)



Yoga Nidra is a deeply relaxing guided meditation which is accessible for almost everyone.

As you lie in a comfortable position, you are guided through meditation techniques which have been scientifically proven to help with:

- **Relieving insomnia.**
- **Improving the immune system.**
- **Reducing stress levels.**
- **Reducing anxiety levels.**
- **Increasing memory.**
- **Lowering blood pressure.**
- **And many other health issues.**

12 Union Street Weymouth

339-499-1057

info@FeathersWellnessStudio.com

www.FeathersWellnessStudio.com

February 24th

from

6:30 pm. - 8:30 pm.

\$25