Could you use a HAPPY HOUR to regain some CALM and PEACE?

The SCC Yoga Club Presents a

POP-UP CLASS with TERI

Enjoy an Effortless Hour of
***DEEP RELAXATION** Called*

Yoga Nidra

In this meditative practice, simply lie down on your mat and listen to a healing journey designed to take you through the veils of consciousness and release tension. No meditation experience is necessary, and the benefits are said to be equivalent to hours of REM sleep, though you remain awake and aware.

Saturday, December 12, 4:00 – 5:00 p.m.

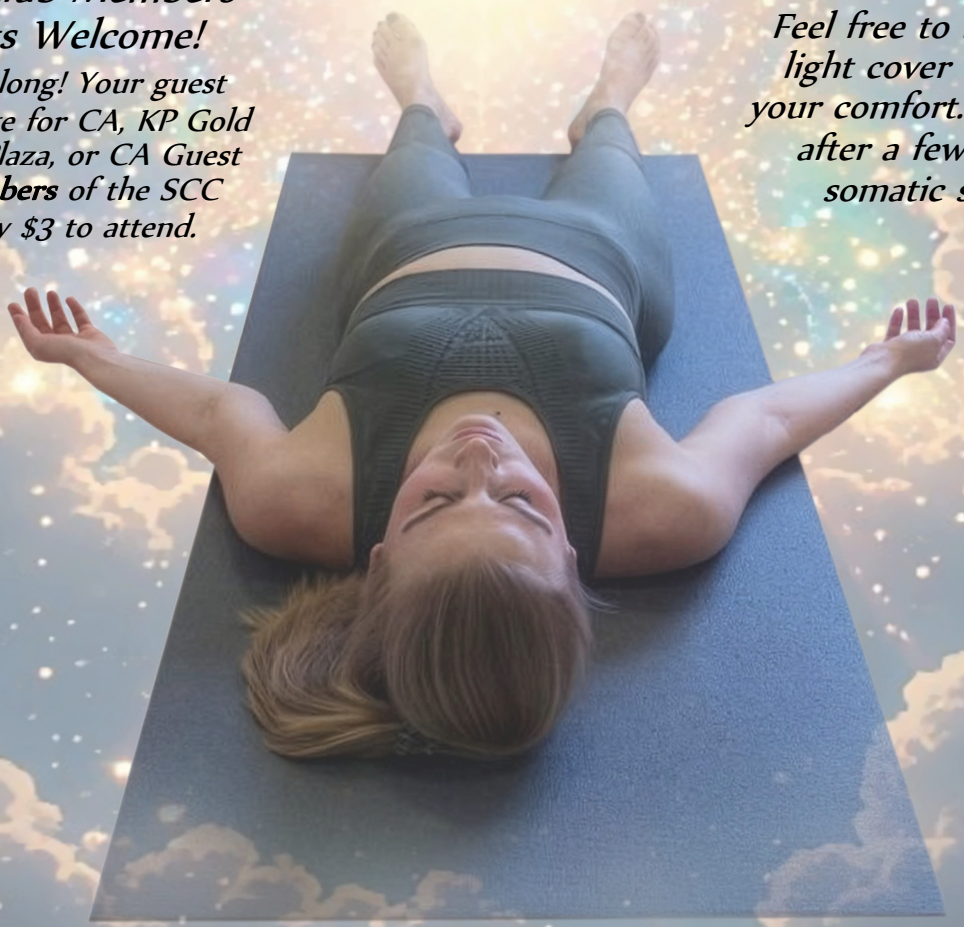
Dance Studio 2

1203 N. Pebble Beach Blvd., Sun City Center

SCC Yoga Club Members and Guests Welcome!

*Bring a friend along! Your guest must have a badge for CA, KP Gold Card, Freedom Plaza, or CA Guest Pass. **Non-members** of the SCC Yoga Club pay $3 to attend.*

Feel free to bring along a light cover or pillow for your comfort. We will begin after a few minutes of somatic stretching.



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