

# Divine Sleep Yoga Nidra Workshop

by Kathy Fotterall at



GoodLife  
FITNESS

Wednesday - March 21, 2018 from 6-7pm

\$20.00 ~ reservations required

Contact Kathy to RSVP  
(207) 307-5424 or [k.ebbflowyoga@gmail.com](mailto:k.ebbflowyoga@gmail.com)

All levels welcome



*Let Kathy guide you into a deep & restful  
Divine Sleep.... one of the most accessible forms of  
yoga & meditation. Transform stress & anxiety, improve connections  
to your deepest self and increase health & wellness.*

*Awaken all levels of being ~ physical, energetic, mental, emotional &  
spiritual through this guided journey.*

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