



Joanna Brandt, YogaHealth

"I help you find healthy ways to nurture yourself."

Yoga Nidra

"In Yoga Nidra, you *leave* the Waking state, go *through* the Dreaming state, and *into* the Deep Sleep state, yet remain fully awake inside."



Yoga Nidra means Yogic Sleep. It brings an incredible calmness, quietness and clarity. Yoga Nidra is one of the deepest of all meditations, leading awareness through many levels of mental process to a state of supreme stillness and insight. The profound depth of Yoga Nidra is far beyond just relaxation.

Joanna is a Master Teacher with six teaching certifications in yoga, yogic meditation and yoga therapy, going back to 1975. Her vibrant personality and radiant health are testimony to the benefits of living a yogic lifestyle.

Joanna Brandt, RYT

www.YogaHealth.us

The second Wednesday of every month:

6:45PM to 7:45PM

To register: 443-794-6107