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How would you feel about 90 minutes of deep relaxation?

What if I told you that my Yoga Nidra classes are a proven, powerful & simple way to slow down, switch off and rest?

Yoga Nidra benefits include:

- improved sleep
- decreased stress & anxiety levels
- a more balanced mood

Ready to [book online now?](#)

What happens in my Yoga Nidra classes:

- you lie on a bed made from a comfy mat & foam blocks, under a teddy bear fluff blanket
- you listen as I guide you into a state of deep calm and relaxation
- there are no yoga poses involved
- your mind and body get a chance to totally switch off and recharge

My next class is on Saturday 25th June at 7pm; the cost is £12 per class.

If you have any questions or would like to book over the phone, call me on [07740 196289](tel:07740196289).

[Book online](#)



Looking for something a little more active?

Try my Restorative Yoga class

A very gentle floor based yoga class. All poses are done on the floor with the assistance of cushions, blocks etc, to ensure a deeply relaxing class. Great to help with stress and anxiety, and for relaxation.

Monthly on Saturdays 6pm - 7pm, from 2nd July | [Book online](#) or call me to book on [07740 196289](tel:07740196289)



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