

# Journey into Relaxation

with Ileana

Friday, September 24<sup>th</sup>

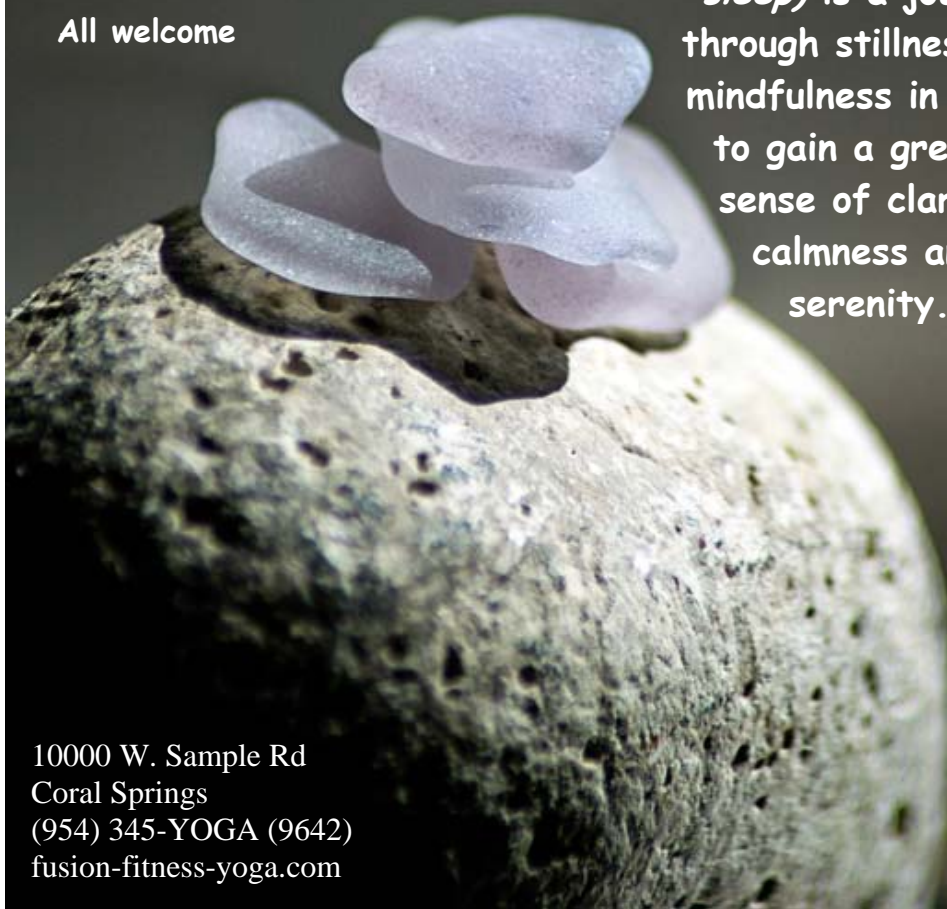
7:00 - 8:00

\$20

In this soothing class we begin with a series of gentle yoga stretches and movements incorporating the breath, preparing the body for a deep relaxation practice called *Yoga Nidra*.

All welcome

*Yoga Nidra (yogic sleep)* is a journey through stillness and mindfulness in order to gain a greater sense of clarity, calmness and serenity.



10000 W. Sample Rd  
Coral Springs  
(954) 345-YOGA (9642)  
[fusion-fitness-yoga.com](http://fusion-fitness-yoga.com)