

re-learning rest:

womens restorative yoga nidra classes

a class designed to help you rediscover your own ability to deeply relax & restore, through the healing practice of yoga

Relaxation can be difficult for those of us with trauma backgrounds, or who live with chronic stress, mental health difficulties or sleep issues

The good news is that this state of relaxation - our natural inner antidote to stress & anxiety - can be re-learnt just like any skill we may be out of practice in

Join the next 6 week block of classes to:

- ✿ learn gentle & accessible techniques to soothe the nervous system
- ✿ build your restorative 'nest' with our bolsters & blankets
- ✿ practice guided relaxation known as yoga nidra

Every Friday 11am -12pm
for 6 weeks:

19th April to
24th May 2024

at Space To Breathe,
Scotia Works
(next to the Leadmill)

places are limited so please email
fran@spacetobreatheuk.com to book
or register interest for future classes

p.s. you don't need to be bendy to join!



Funded by Positive Activities South Yorkshire Housing Association, Changing Futures & Sheffield Drug & Alcohol/Domestic Abuse Coordination Team