



Aging is Inevitable Stress is Optional

Anxious.....Fearful.....Worried....Obsessive thinking?

Lower Your Level of Stress with

Amrit Method™ of Yoga Nidra

A simple way to create physical, mental and emotional balance in your life using easy-to-learn techniques. No yoga training is necessary. The Amrit Method of Yoga Nidra is traditionally practiced lying down but can also be practiced sitting comfortably.

Taught by: Bryn Walsh & Norman Edgerton, Certified Amrit Yoga Nidra teachers

5 Wednesdays 6:00-7:15pm, January 11-February 8, 2012

At: A Calm Spirit 481 Great Rd. suite #8, Acton MA

978.266.9889 bryn@brynwalsh.com www.acalmspirit.com

\$99.00 (check or cash) if paid by Jan. 4th, \$125.00 if paid after
\$25.00 single class, space permitting

Experience immediate results!

* Class space is limited; please send in a check to secure space.