



*wellness...virtually...*

# Rest to Rise



*NEW 9-week series focused on improving our relationship with sleep, rest & wakefulness.*

Through the holistic application of yoga, relaxation practices and body awareness, each week will introduce new concepts through a short discussion before settling in to enjoy a series of guided practices.

Weekly sessions will encourage a refreshed and peaceful engagement with life as you begin to live more fully through the wisdom of rest.

\***Rest to Rise** includes a companion program package as well as personalized pre & post 1:1 sessions to establish your sleep, rest & wakefulness profile through assessing what's working well and what could benefit from some attention.

*Wednesdays  
May 4 - June 29, 2022  
🕒 7-8:30pm via Zoom*

To register or for information contact Nicki:  
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