



NIDRA YOGA

Instructor Hope
Goldsmith-Touchette

Guided meditation to release stressors with light stretching.

In this Nidra yoga class you will unwind and relax deeper than you ever have before. Instructor Hope Goldsmith-Touchette will guide you on an unexpected, inside journey, step by step relaxing you deeper into self-soothing. You will relax into your own safe, comfortable place of healing, where you will start releasing any stress or anxiety you are carrying. The class starts and concludes with light stretching. You will end the class feeling renewed and restored. Hope is providing this first session free. All first responders, veterans, and their families are welcome.

Dress in comfortable loose clothing. Please bring a pillow and a lightweight blanket. Bring a yoga mat if you have one. If not we have some to share.

Come once or all 8 weeks. You will be glad you did!

Wednesdays April 7th - May 26th 6-7:00pm

To register or for more information on location email contact@firstrespondersfoundation.org or call Director of Physical Health, Adam Tripp, at 402-788-1574

