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## Yoga Nidra – The Popular Form of Relaxation

Swami-Ji invites you to join her in Yoga Nidra, to be held in the Sadhana Hall at The Orange House. The Hall will be open from 7pm and the gate will close promptly at 7.20pm to enable our Yoga Nidra to commence at 7.30 p.m.

The relaxation lasts approximately one hour and is followed by a get-together and a **“Pot Luck Supper”**.

The fee for the evening is £10.00 plus a contribution of a vegetarian dish. Numbers will be limited. To reserve a place please complete this form and return, together with your £10.00 fee. Cheques should be made payable to ‘Yoga Seekers’. (No refund can be given for non-attendance.)

Name ..... Tel .....

Address .....

.....

..... E-mail .....

I enclose a cheque for the following Yoga Nidra evening/s :  
(please tick dates which apply)

27 November 2011

22 January 2011

26 March 2011

21 May 2011

22 July 2011