

An Affiliate of the
CANCER SUPPORT COMMUNITY

A Global Network of Education and Hope

Healthy Lifestyles | Mind Body Yoga Nidra

at Gilda's Club Twin Cities

DATE:

2nd Thursday &
4th Tuesday

TIME:

5:00-6:00 pm

WITH:

Anne Quinlan, RYT 200

COST: FREE!

RSVP:

Program

@GildasClubTwinCities.org

or 612.227.2147

LOCATION:

GCTC Clubhouse

Mind Body Studio

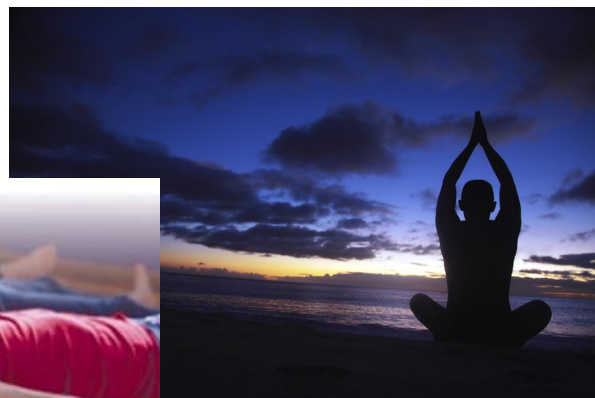
10560 Wayzata Boulevard

Minnetonka, MN 55305

*(From 394 go North on Hopkins
Crossroads; then right on North
Frontage road—Wayzata Blvd)*

A place where no one faces cancer alone.

*All programs and services are
offered at no cost.*



Yoga Nidra is the yoga of sleep and this class will make you feel like you've just had a nice, long, peaceful nap, while calming the mind and body and energizing the spirit.

We start with some very easy stretching, then focus on one breath technique before we relax into a guided meditation that has been shown to help heal anxiety and depression, reduce tension, slow the mind and reconnect with your body.

This class is appropriate for everyone and especially helpful to cancer patients and survivors AND anyone impacted by a friend or family member's cancer journey.



Anne Quinlan, RYT 200, is a breast cancer survivor and has experienced firsthand the healing powers of yoga – especially when combined with Western medicine. She whole-heartedly believes that life is worth fighting for.

Gilda's Club Twin Cities

www.GildasClubTwinCities.org | 612.227.2147 | info@gildasclubtwincities.org

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