



# 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](mailto:bryn@brynwalsh.com) [www.acalmspirit.com](http://www.acalmspirit.com)

\$99.00 (check or cash) if paid by Jan. 4<sup>th</sup>, \$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.