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FOR IMMEDIATE RELEASE

YOGA NIDRA & SELF-CARE
RESTORE, RELAX & REDISCOVER SELF-LOVE

March 6, 2014 -- Haymarket, VA -- After a long and stressful winter it's time for some spring renewal, and there's a perfect workshop to help you along! On Sunday, March 30, 2014 from 12:30 PM to 2:00 PM, Jazzercise of Gainesville, VA will be hosting a Yoga Nidra & Self-Care workshop along with Group Therapy Associates (www.grouptherapyassociates.com) and Annette Keilkopf, LMFT, therapist and owner of The Source Yoga (www.thesourceyoga.com).

This *Restore, Relax, Rediscover* workshop will teach you simple tricks to managing stress and cultivating joy, as well as introduce you to the restorative power of iRest Yoga Nidra. The workshop will begin with an introduction by Esther Boykin, LMFT of Group Therapy Associates, who will be discussing the role of self-care in overall health and how sleep in particular impacts our physical and emotional well-being. Furthermore, the necessity of self-care in order to maintain loving and meaningful relationships will also be a topic of discussion. This portion of workshop will then be followed by an introduction to the practice of iRest Yoga Nidra from Annette Keilkopf, LMFT, owner of The Source Yoga in McLean, VA.

Yoga Nidra is an ancient practice that is rapidly gaining popularity. It is intended to induce full-body relaxation and a deep meditative state of consciousness. We live in a chronically exhausted, overstimulated world, Yoga Nidra is a systematic method of complete relaxation, holistically addressing our physiological, neurological, and subconscious needs. Yoga Nidra uniquely unwinds the nervous system, which is the foundation of the body's well-being.

We welcome you to come and explore new ways to rest, relax, and rediscover the joy of loving yourself, even in the midst of chaos and stress. All other details are available online at www.RestoreRelaxRediscover.eventbrite.com. If you wish to attend, you must register at this site in advance. Cost of attendance is \$35.00.

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