



YOGA NIDRA

Rest and Recharge

Through this holiday season gift yourself
mindful awareness, breathing and being.
All levels and bodies welcome!

Still Water Yoga & Wellness
1375 SE Wilson Ave, Suite 180
Bend, Oregon

December 15th & January 5th
6-7 pm, \$20 per session

Pre-registration recommended to ensure space
stillwateryogalaketahoe.com
listed under special events
at Bend location



STILL WATER
Yoga & Wellness



Offered by
Natalie Murphy, RYT-200

