



# Mind & Body Conditioning Yoganurture

## Relieve stress, and find relaxation and inspiration.

Join Naomi from *yoganurture* on a journey to support and nourish your body and mind on this 10-week course. Only £15 for the FULL course.

Naomi will guide you through a gentle yin practice to relieve stress, followed by a nourishing yoga nidra meditation to encourage relaxation.

Each class will offer a different theme.

Naomi will lead you through a restorative practice whilst reading extracts from ancient texts, inspirational poems and prose, before embracing the present moment through reflection.

**10 weeks from Thursday 23rd September**

**9:30am to 10:45am**

[Click here to enroll](#)

or

for more details about this course  
contact

[learning@communityactiondacorum.org.uk](mailto:learning@communityactiondacorum.org.uk)

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**STEP 2 SKILLS**  
PREPARE FOR SUCCESS IN HERTS