

RELEASE & RECEIVE

*A Yoga Nidra Experience
for Letting Go*



500 RYT, Yoga Instructor, and
Wellness Coach

Questions? Contact Catina!
ctopash@wilsonsfitness.com



MEMBERS: \$25

NON-MEMBERS: \$35

Reserve your spot today in your
member portal or non-members
can call 573-446-3232!



FRIDAY, OCT. 16TH
7-8:30PM

**As the seasons shift and nature begins to
release, this is the perfect time to let go of
what no longer serves you.**

Pause, soften, and settle into deep rest. This
guided Yoga Nidra meditation supports you in
gently releasing what no longer serves you
while creating space for calm, clarity, and
renewal.

✨ No experience needed

✨ Bring a mat, blanket, and anything that
helps you feel supported

✨ Leave feeling grounded, restored, and open
to receive.

