

YOGA NIDRA

Powerful Guided Mindfulness Practice

led by Marie Louise Bosin, MA, RYT500
certified and experienced Yoga Instructor
and certified Clinical Hypnotherapist



Marie Louise Bosin has been involved with
yoga since 1975 and with mindfulness for 20 years.

Yoga Nidra resting mindfulness practice invites you
to start your week with a clear and peaceful mind
ready to enjoy and be present for your experiences.

Yoga Nidra is a one-hour mindfulness practice that
is done in a stationary position either seated or
laying which will calm your noisy mind after a full
week of stress and busyness.

No yoga or meditation experience required

Yoga Nidra is for people from age 10 to 110
who want to end the work week at peace.
Your discomforts will be accommodated.

NO CHARGE

(a donation basket will be available
to help cover rent but no obligation)

EVERY MONDAY

7:00 – 8:00am

Just show up, no pre-registration
Breathe Redlands Yoga Studio
Near corner of Citrus and Orange
Redlands, Ca. 92373

For more information
call or write
(909) 809-8012

marielouise.bosin@yahoo.com
www.marielouisebosin-ma-lmft-27703.com

TRIPLE BLISS

Powerful Moving Mindfulness Practice

led by Marie Louise Bosin, MA, RYT500
certified and experienced Yoga Instructor
and certified Clinical Hypnotherapist



Marie Louise Bosin has been involved with
yoga since 1975 and with mindfulness for 20 years.

Triple Bliss moving mindfulness practice invites you
to end your week connected with your ground of
being and available consciously for your life.

Triple Bliss is a moving mindfulness practice that
includes chant (no obligation to sing), a gentle
combination of asana (with variations) and a short
Yoga Nidra guided resting mindfulness practice.

No yoga or meditation experience required

Triple Bliss is for people age 10 to 110 who
want to start the work week grounded in NOW.
Your discomforts will be accommodated.

NO CHARGE

(a donation basket will be available
to help cover rent but no obligation)

EVERY FRIDAY

7:00 – 8:00am

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