



## **Psychology Today: Health, Help, Happiness + Find a Therapist**

NOT FOR PROFIT. RiverGarden Yoga Center is a Non-Profit Studio. All class proceeds go directly to teachers, studio upkeep and rent. Any leftover funds go toward supporting our community and toward causes that are in alignment with our mission of helping others.

## **RiverGarden Yoga Center**

Unity Woods classes are offered on a session schedule, similar to school semesters. You are welcome to drop in or enroll at any point during the session, however most classes build upon work done in previous weeks.

## **Complete Class Schedule Â« DC Yoga classes: Bethesda**

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## **BibMe: Free Bibliography & Citation Maker - MLA, APA**

Distortion of Yoga Nidra (addendum to the Yoga Nidra article) The distortion of the very high practice of Yoga Nidra is so thorough in the world these days that it seems necessary to make very bright titles just to have the point noticed.

## **Yoga Nidra - Yoga Meditation**

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