

A warm, inviting living room scene. In the foreground, a wooden coffee table holds a lit candle in a brass holder, a stack of books, and a small lantern. Behind it, a leather sofa is draped with a white blanket. To the left, a stone fireplace has a fire burning. The background features a large window with a view of trees and another lit candle on a surface. The overall atmosphere is cozy and serene.

*— Save the Date —*

# Rest & Reset:

A Yoga Nidra Guided Meditation  
*for the Nervous System*

*— A gentle new moon practice —*

*A space to set things down.*

**May 12 • Live Zoom • 7 PM EST**