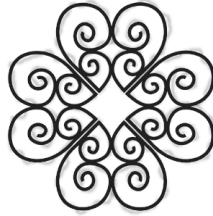


Yoga Nidra

"Out of the strain of doing, into the Peace of the done."

~ Julia Louis Woodruff



From the ancient tantric writings the message of relaxation is communicated into the present day through the practice of Yoga Nidra. Yogic sleep, or Yoga Nidra is a systematic method of inviting complete physical, mental, and emotional relaxation while remaining awake and aware on deeper levels.

No effort, just Be.

It's dessert, sweet release, a healing savasana for taught nerves, overwork and stress.

While lying comfortably on the floor, covered with blankets and supported by pillows, you will follow spoken instructions, leading you into progressively relaxed states. This not only relaxes you but also clears nerve pathways to the brain and helps to resolve suppressed conflicts or samskaras. During each session a sankalpa, or positive resolve is repeated silently through the practice. Santosha.... deep peace, is a jewel of Yoga Nidra that carries over from the mat into life.

You will awaken refreshed with wider perspectives and a quieter mind. Plan to join us for the next scheduled Yoga Nidra classes that currently meet once a month.

2011 Autumn Schedule Time: 6:30 - 7:30 pm

October 13

November 3 – class cancelled

December 18

Seva Donation please ~

Center of the Four Winds Studio

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