

# YOGA NIDRA

## A practice in conscious relaxation.

With Melody Roberts, E-RYT 500



Yoga Nidra is the name of a practice, as well as a state of being that can be attained. It is often referred to as yogic sleep. In the Yoga Nidra practice you are guided into conscious relaxation while holding an intention for healing and change. If you are seeking any form of personal transformation, or simply want to train your body and mind to become more proficient at letting go of tension and eliciting the relaxation response, this is a very powerful tool to compliment your regular asana and meditation practices.

In this session there will be little to no asana, however please still dress comfortably and be prepared to be on the floor. If being on your back on the floor presents a problem, we can find other ways to make you comfortable. You may wish to bring a pillow, blanket, eye pillows or shades, or anything else you may need to rest comfortably on the floor or in a chair. You are welcome to bring a journal or notebook and something to write with for personal notes and reflections. If you are feeling stuck, confused, and/or being called to manifest something new in your life... and honor your greatest heart's desires.... This practice is the perfect opportunity to set, reaffirm, or recommit to your intentions. Live with intention and purpose to create the life you want and allow the journey to unfold.

\$15 Early Bird Investment \$20 after November 29<sup>th</sup>

*Monday ~ December 2<sup>nd</sup>, 2019*

*7:00pm - 8:00pm*

Workshop held at Sacred Path Yoga Studio: 1146 W. Jefferson St., Shorewood IL 60404  
(Located in the Hammel Creek Commons Shopping Center)

To register please log onto [www.sacredpathyoga.com](http://www.sacredpathyoga.com) & click "Enrollments" tab.

For more information, email [info@sacredpathyoga.com](mailto:info@sacredpathyoga.com).

Please note all workshops are nonrefundable and nontransferable.