

# 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, this is a very powerful tool to compliment your regular asana and meditation practices.

In this session there will be little to no asana movement, however please still dress comfortably and be prepared to be on the floor. You may wish 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 intention for the New Year. Live with intention and purpose to create the life you want and allow the journey to unfold. \$15 Early Bird Investment \$20 after February 28th

*Monday ~ March 2<sup>nd</sup> 2020*

*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.