

YOGA NIDRA

Meditation Therapy
with Certified Yoga Therapist Yvonne Clark (C-IAYT)



Friday, December 18

7:30PM – 8:45PM

\$30 per person (\$35 door)

Yoga Nidra, or Yogic sleep as it is commonly known, is a state of being between sleep and consciousness that's conducive to deep emotional and physical healing, rewiring your brain, and self-exploration. It is both deeply restorative and an immensely powerful meditation technique that is one of the easiest Yoga practices to develop and maintain. One hour of Yoga Nidra promotes deep physical, emotional and mental rest and relaxation, leaving you with a sense of wholeness, that is as restful as several hours of sleep.

Yoga Nidra is a practice that's easy to follow and everyone of all ages can do. Bring your Yoga mat and set-up a cozy spot with a blanket, pillow and cushions or bolsters from our practice room (or bring your own props), lay down on the floor in savasana (corpse pose) and follow Yvonne's voice as she guides you.

The art of self-care is approached from a therapeutic standpoint, creating a restorative environment for the mind, releasing anxiety and actually nourishing and rejuvenating the individual. The stages of body scan and breath awareness calm the nervous system, leading to less stress and better health.

Yoga instructors: Earn Yoga Alliance Continuing Education Credits by attending this workshop

Pre-register: <https://www.updogyoga.com/workshops/rochester-workshops>

Yvonne is a Certified Yoga Therapist (C-IAYT, E-RYT500) and Yoga Alliance Continuing Education Provider (YACEP)



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