

TUMMOBREATH NIDRA

with Dr. Brian McCarroll



Friday, December 30

7:30PM – 9:00PM

\$40 per person (\$45 at door)

Tummo, which literally means inner fire, is an ancient meditation technique. Tummo is a combination of breathing and visualization techniques used to enter a deep state of meditation that increases a person's inner heat. Tummo breathing helps treat stress-related conditions, including high blood pressure, depression, insomnia, anxiety and improves respiratory health.

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 deep sleep.

In combining both Tummo Breathing and Yoga Nidra healing modalities, 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 overall better health.

These restorative practices are easy to follow and no experience is necessary – *Everyone Welcome!*
All props are provided or please bring your own blanket or yoga mat, pillow and/or bolster if desired.

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



Dr. Brian McCarroll is a doctor of physical therapy (DPT) from Duke Medical School, who is passionate about helping people use their own bodies to reduce pain, stress, anxiety, regulate immune function and fight pain, especially chronic pain. He is a certified Yoga Nidra, Tummo and Wim Hof Method Instructor. He has completed James Nestor's Breath and received breathwork instruction from Brian MacKenzie.



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