

RESTORATIVE YOGA And iREST YOGA NIDRA

The New Year often brings the possibility of new beginnings and the desire to discover what we can learn and what we can do to support our well being. We invite you to attend a monthly Restorative Yoga and Yoga Nidra workshop as a way to rest your nervous system and quiet your mind. The supported poses and meditation offers you great capacity for growth, deep relaxation and true well being.

Restorative Yoga is a soothing asana practice with passive, supported poses held for extended periods. We use lots of props so the body can fully relax and release tension and stress. It is a gentle practice that soothes the Central Nervous System.

iRest Yoga Nidra is a profoundly transformative meditation. While resting in stillness, you experience deep states of relaxation yet maintain consciousness and awareness. By observing and welcoming various aspects of what is present in the body and mind, you will recognize and experience an underlying peace.

This workshop is appropriate for ALL levels. Come join Jessica as she shares her training and experience in this workshop:

FRIDAYS: JAN 15th, FEB 19th MAR 18th 6:30-8:30 pm
Raleigh Yoga Center (visit www.raleighyoga.com)
Cost: \$20

Three participants registered by the Thurs before are necessary. Please email janebarrett@nc.rr.com to reserve your space.