

# Yoga Nidra with Sound Immersion



Yoga Nidra is a powerful, ancient form of guided meditation that induces relaxation and healing of the body, mind and spirit. Yoga nidra is one of the yogic practices of pratyahara, or 'withdrawal of the mind from the sensory experience'. It is a profound practice where awareness is internalized and the body becomes completely relaxed.

In this session, Peggy Breeze will guide you through Yoga Nidra while Denae Richards immerses you in soft sounds using the gentle vibrations of the gongs and Tibetan bowls.

**September 24<sup>th</sup>**

**Time: 4:30pm**

**Workshop Cost: \$35**

Mats are provided. Feel free to bring pillows, eye covers, blankets and anything that you would like to have to create a comfortable nest of yours!