

YOGA NIDRA WITH VANDANA



Yoga Nidra or Psychic sleep is a practice to attain deep relaxation with inner awareness. Consequently one can develop memory, knowledge and creativity. It also supports change of nature from within.

Yoga Nidra promotes deep rest and relaxation through systematic meditation. While you rest comfortably on your back on the floor in savasana (corpse pose) or seated, the meditation takes you through a set sequence, leaving you with a sense of wholeness. Yoga Nidra, is a guided practice that everyone, from young to old, can do. This form of meditation calms the nervous system, leading to less stress and better health.

Vandana practices the Bihar school of Yoga style of Yoga Nidra, which is where this practice originated. She encourages the feature of Sankalpa, or resolution as an integral and essential aspect of this practice. The purpose of the Sankalpa is to influence and transform one's life pattern.

- 🌿 **Date:** Saturday 16 February
- 🌿 **Time:** 3pm-4pm
- 🌿 **Investment:** AED 100 per session

** Prices are inclusive of VAT.*

Book your place by emailing

info@bodytreestudio.com

02 443 4448 www.bodytreestudio.com

