

Yoga Nidra

with Kripalu's Jennifer Reis

March 9th - 11th &
April 27th - 29th

\$600

What a
STEAL!!!!

Divine Sleep is:

- meditative and soothing
- heart opening and cultivates self-compassion
- activates our dormant healing energy
- evolves one towards self-awakening

Divine Sleep Yoga Nidra has the power to transform us at our core. This ancient tantric meditation systematically guides you through each layer of being called the koshas. These include the physical, energetic, mental, emotional, and spiritual layers, making this practice a healing that is inclusive of our whole being.

Practicing Divine Sleep Yoga Nidra

An enjoyable and easy practice, Yoga Nidra is more accessible than most forms of yoga since all it requires is to lie down and listen. It can be practiced at any time of the day except right after a meal. 15-45 minutes is all that is required. It is most effective practiced every day or second day. It is best to listen to a teacher guiding Divine Sleep Yoga Nidra in person or on a CD. Once one is familiar with the preliminary stages (listed below) they may be self-guided.

Divine Sleep can be done in savasana pose — simply lying on your back — or side laying for pregnancy, snoring, or coughing. It can also be done seated as for meditation. It is best to practice on the floor on a mat or blanket, rather than on bed or couch, where the state of sleeping lingers. Make sure the body feels supported, comfortable and warm. You may like to place a cushion under the knees and a towel folded to 1 or 2" under the head, rather than a pillow, for proper alignment of the spine. Use an eye pillow if you like and cover up with a blanket. Practice in a quiet place where you will not be interrupted.

Divine Sleep Is Foolproof...

There is no way to do it wrong. The instructions are simple: with eyes closed, listen without trying too hard. There is nowhere to go and nothing to do. Do not worry or become agitated if you do not hear everything. It is natural to flow in and out of conscious hearing. Whatever your experience, the practice of Divine Sleep Yoga Nidra will still work, even if you feel like you fell asleep. Your deepest layers are always awake and are going through the journey whether you remember it consciously or not. There is no way you can do Divine Sleep incorrectly.

Other conditions addressed by Yoga Nidra:

- stress (the cause of most illness today)
- anxiety and depression
- insomnia
- high blood pressure
- addiction, aggression, ADD, ADHD, PTSD
- digestive conditions
- ulcers
- heart disease
- asthma
- eczema
- diabetes
- chronic pain
- multiple sclerosis
- cancer
- pre and post surgical conditions
- heal specific parts of the body
- geriatric psychological challenges

Yoga Nidra is proven to:

- permanently lower high blood pressure and cholesterol levels
- strengthen immune system
- increase helper cells that defend against infectious disease
- increase blood flow to the heart
- balance the autonomic nervous system (brings one out of flight or fight)
- relieve pain and reduce or eliminate the need for pain medication
- balance and strengthen the endocrine system
- revitalize and recharge vital energy
- stabilize mind and emotions
- enhance creativity
- meditative and soothing
- heart opening and cultivates self-compassion
- activate our dormant healing energy to improve overall health and well-being

Limited Space Available.....

To make a reservation, contact Lori at 631-428-4271