

YOGA NIDRA

Yoga Therapy For Releasing Anxiety Online via Facebook Live

Presented by: Certified Yoga Therapist **Yvonne Clark, C-IAYT**



**Friday, May 8
7:30PM – 8:45PM
\$12 per person**

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 sleep.

Yoga Nidra is a practice that's easy to follow and everyone of all ages can do. Simply set-up a cozy spot in your home with a blanket, pillow and cushions or bolsters, lay down on the floor in savasana (corpse pose) and follow Yvonne's voice as she guides you. 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 better health.

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

Yvonne Clark is certified at the highest level of teaching Yoga (E-RYT500) and is a Certified Yoga Therapist (C-IAYT). She has been teaching yoga for over 10 years and has excellent experience with individuals and their unique needs, as well as groups working on specific practices. Please join her in this specialized workshop.



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