

**Monthly Yoga Nidra at the Stables, York
7-8.30pm**

Relax your body and mind as Emma guide's you through a deeply restorative, insightful and illuminating Yoga Nidra.

With a special Crystal Singing Bowl, shamanic healing instruments and Gong Sound Bath.

Yoga Nidra enables you to relax fully and consciously in a short period of time. It will leave you fully rested, rejuvenated, calm and free of stress.

All very welcome and no experience of yoga or meditation is necessary.

Yoga Nidra (yogic sleep) is a wonderful deep relaxation which supports your asana (physical yoga) practise and helps you find deep rest and stillness, reducing daily stress by teaching pratyahara - turning attention inward for your own healing awareness and dharana - concentration, meditation to deepen your yoga.

We will start with light seated stretches to prepare the body, sense into our intention with ancient mantra, then lay down in Shavasana (corpse pose) with soft blankets and as many pillows as you wish to deeply rest your body while you are guided through a journey of great inner discovery.

The 8 stages of the Yoga Nidra Practice:

- 1) Internalization / Relaxation – preliminary preparation of the body.
- 2) Affirmation (Sankalpa) – A personal goal previously decided upon is declared silently.
- 3) Rotation of Consciousness – the consciousness is taken on a tour of the whole body in a structured fashion.
- 4) Respiration awareness – a period of awareness of the breath at special positions in the body.
- 5) Manifestations of Opposites – pairs of feelings and emotions are experienced.
- 6) Creative Visualization – Various Archetypal images are visualized mentally.
- 7) Affirmation (Sankalpa) is repeated and, now in a highly suggestible state of consciousness, is programmed into the subconscious mind.
- 8.) Externalization / Return to Full Awareness – a careful and gradual return to a normal state.

Benefits of Yoga Nidra

Immediate physical benefits, such as reduced stress and better sleep brings an incredible calmness, quietness and clarity has the potential to heal psychological wounds joy and well-being

one of the deepest of all meditations, leading awareness through many levels of mental process to a state of supreme stillness and insight aids emotional healing

Connect internally, and find a sense of calm in the mind and body, releasing muscle tension, lower blood pressure, slow down heart rate and regulate breathing. It's rejuvenating and a great way to re-charge your batteries after a busy week.

Emma trained with Uma Dinsmore - Tuli in 2012 and passionately shares Yoga Nidra as a transformative meditation and healing tool that can allow access to understand and renew your whole body and life.

She is also a fully trained and certified Yoga Teacher with Sun Power Yoga & Rainbow Kids Yoga teacher. Meditation leader, Holsitic therapist, Reiki master and Mum of two super boys.

Book via The Stables website <http://www.stablesyoga.co.uk> or call 01904 623960

All mats, blankets and props are provided and you are most welcome to bring your own.
Please book in advance as spaces limited.
Payment is £12

Emma's details for more info are - www.infiniteyoga.co.uk
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