

GENTLE YOGA & YOGA NIDRA

Workshop

Friday March 30, 2012

7:00 – 9:00 pm

\$25 pre-reg. by March 28th, \$30 after

planting the seeds of change

**Are you ready to make meaningful changes in your life?
Do you need to relax?**

Join us for this special workshop featuring a gentle yoga set, then a long, luxurious yoga nidra (“psychic sleep”). Yoga nidra is a deeply relaxing, meditative process from the tantric tradition. You simply lie comfortably on your back and follow the verbal directions of the instructor, entering a state of consciousness where you can make deep, lasting changes in your life.

REGISTER ONLINE www.YogaAtTheAshram.org

Yoga at the Ashram
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Alaine Amaral (Rai Kaur), is a certified Integrative Yoga Therapist & Kundalini Yoga Instructor (RYT500). She has been teaching at the Ashram for 7 years.

