



YOGA AT THE ASHRAM

The Baba Siri Chand Yoga and Retreat Center



YOGA NIDRA

with
SAT SIRI KAUR
Friday, Jan 11, 2019
7 to 8:30 pm
\$20

Bless and Release the Past and Set Your Intention for 2019

Yoga Nidra is the integrative sleep of the yogis -- a combination of alert awareness and deepest relaxation, beyond wakefulness and dreaming. It is an awakening of the deep, deep stillness of what is asleep within you.

Yoga Nidra takes you to the alpha and theta states of consciousness, far beyond ordinary waking. Its practice uses a method of attention and imagery to engage the mind and bring specific body parts into complete relaxation, releasing blockages so that energy flows freely. Higher centers of consciousness are then activated. This is where you have direct access to the extraordinary powers of your own intuition. The aim of *Yoga Nidra* is to shift out of separative self-image and back to the unified Presence. When you practice *Yoga Nidra*, you step into sacred territory. We will begin with a relaxing Kundalini Yoga set to prepare for our guided meditation experience of *Yoga Nidra*. Dress in comfortable clothing and bring a blanket or shawl to cover up.

Prepare to deeply relax. No prior experience is necessary.



Sat Siri Kaur is a KRI/IKYTA Certified Kundalini Yoga Teacher and a Level III Certified Sat Nam Rasayan® Candidate, Teacher and Practitioner who learned Sat Nam Rasayan® directly from Guru Dev Singh Khalsa, the living master of Sat Nam Rasayan®. Sat Siri is also certified as a facilitator for the Amrit Method of Yoga Nidra, and is a Reiki Master in the Usui lineage. She maintains a private client practice in Sat Nam Rasayan® and Kundalini Yoga serving individuals, families and groups throughout the United States.

www.YogaAtTheAshram.org or call 508-376-4525
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