

Yoga Nidra



with **Kathleen Wright**

Sunday, December 2, 2018

- 1:00pm – 3:00pm
- \$35 in advance/ \$40 day of

Thirty-One Point Relaxation

The Relaxation is called *Shava-yatra*, or (literally “corpse-journey”), because in this exercise one drops the *sthula sharira* (the physical body) and moves into the *sukshma sharira*, (the subtle body). Be prepared to:

- Experience one of the best relaxations.
- Learn about major energy body points (*Ajna*, *Vishuddha*, *Anahata*, *Manipura*, and *Svadhithana chakras*)
- Discover what *marmas* are and where the energy channels (*nadis*) converge.
- Open chakras and *marmas*.
- Reduce stress and negativity.
- Free the circuitry so *Prana* flows more freely

Kathleen will lead a short asana practice to prepare the body for the Journey of Yoga Nidra.

Workshop to be held at

**Academy of Creative
Movement Yoga**

**[www.academyof creative
movementyoga.net](http://www.academyofcreative
movementyoga.net)**

**15930 S. 75th Court, Suite 100,
Tinley Park, IL 60477
708-256-0077**



Kathleen Wright Kathleen is a nationally certified Iyengar Yoga instructor at the Junior Intermediate level, and an experienced, registered yoga teacher (E-RYT) with the Yoga Alliance. She is also a Certified Ayurvedic Educator. Her Yoga teachers in the U.S. are Ramanand Patel, Janet MacLeod, and Lois Steinberg. Kathleen serves as a mentor and teacher to many of the Chicago area's top yoga teachers.

