

Yoga Nidra

Yoga Nidra for Deep Relaxation

Sunday, November 18

11:00 am – 1:00 pm

\$35 prepay; \$40 day of
Asana and Yoga
Nidra

Garden of Yoga

140 N. LaGrange Rd., Ste. 17
LaGrange, IL 60525

708-989-1329

www.gardenofyoga.net

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). The 31-point relaxation is one of the best relaxations because one can focus specifically on major energy points in the energy body. Some of these points are *Ajna*, *Vishuddha*, *Anahata*, *Manipura*, and *Svadhithana chakras*, and the other points are called *marmas*. The *marmas* are energy centers where these energy channels (*nadis*) converge. Sometimes because of stress and negativity, the flow of energy open to these chakras and the *marmas* become constricted. The 31-point exercises free the circuitry so that *Prana* can flow more freely.

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

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.

