



RESTORATIVE HATHA YOGA / YOGA NIDRA / JOURNALING WORKSHOP

This workshop gives you an opportunity to experience three life enriching modalities that will help you take an inner journey to discover what's most important and true to you, so you can live the life you're meant to live

Yoga is an opportunity to lovingly meet yourself on the mat just as you are. Through a series of gentle hatha poses you'll learn how to cultivate confidence as you restore balance and well-being back into your life.

Yoga Nidra is a sleep-based guided meditation using a series of simple body, breath and awareness techniques that calm and balance the nervous system. It's a way to check in and meet your inner world with kindness and peel back the layers of stuck emotions held in the body. Through Yoga Nidra it's possible to access healing on a physical, mental and emotional level and experience your wholeness, your most peaceful self. After one session of Yoga Nidra many people report feelings of deep rest and relaxation.

Journaling offers extraordinary benefits to the body, mind and spirit. No matter what your age or life path, journaling is a gateway for healing and allowing positive change to happen. As you consciously put pen to paper, you're tapping into inner resources deep inside of you. You can discover answers to your most difficult questions, clearly process what's been troubling you, and gently heal your deepest wounds

From attending this workshop, you'll:

- *learn how to set an intention that aligns with your deepest values
- *live from a place that feels real and honest
- *see through and release old patterns, habits and conditionings that no longer serve you
- *rediscover the self-love that already dwells inside of you
- *find yourself doing more of the things you love
- *feel calmer in stressful situations
- *allow yourself to connect with others in a more meaningful way

What to bring: Yoga mat to lay on, a journal, your favorite pen and your willingness to experience something that will enrich your life throughout the workshop and beyond.

Inspiring and Illuminating the Human Spirit

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