

Vinyasa Flow & Yoga Nidra



What is Yoga Nidra?

Yoga Nidra is a highly powerful ancient meditation technique originated from the Tantras. It is the scientific way to eliminate the root cause of all the negativities.

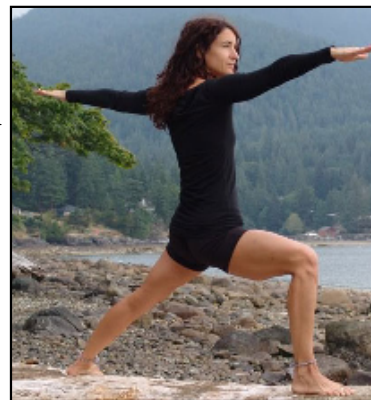
Yoga Nidra comprises of the secrets of total transformation which give a real positive direction to our life and eliminate the root cause of all negativities like stress related

disorders, ailments like hypertension, depression, insomnia, asthma, digestive disorders, etc which drain our life energy. It is the key to penetrate the latent realms of mind, and train the mental faculties to access the immeasurable powers of the subconscious and unconscious mind.

This workshop will consist of a slow Vinyasa flow (Movement with breath) syncing breath with movement to access the connection between body and mind. This opening flow is followed by Yoga Nidra/Yogic sleep guiding you into a deep relaxation healing the body mind and spirit.

Instructed by Karrie Aubuchon owner and teacher at Yoga Bala. She has been a dedicated yoga practitioner since 1991. Karrie is a yoga instructor and fitness trainer with certifications from Tim Miller, Mini Yogis, Yoga Education and International Sports Sciences Association. She is also certified at the 500 hour with Yoga Alliance.

In 2004, she traveled to India for a month long study under the guidance of Shri K. Pattabhi Jois; the true master and creator of the Ashtanga Yoga System, and his grandson Sarath Rangaswamy.



Time & Date: Sunday February 19 from 3pm - 5pm

Location, The Kundalini Yoga Center, Altamonte Springs

Registration, \$25 at the door or pre-register to guarantee availability.

Call 407-767-8717 to register and for more information.

Thekundaliniyogacenter.com - Yogabala.com