

thursday nights

7:15-8:30

Relaxing Asana and Yoga Nidra

A quieting sequence of postures and breathwork to release physical and mental tension in preparation for the practice of Yoga Nidra. Nidra translates to “yogic sleep” in which the body and mind come to a complete rest, but rather than dropping off into the dream state, the practitioner experiences awareness of the inner environment. Instead of “working out”, we’re “working in”.

We hold tension in our physical body, our mental body and our emotional body. Through the practice of Yoga Nidra, we develop awareness of where our tensions reside and how we can release them, opening the door to the experience of peace. Nidra also offers the unique opportunity to explore the layers of mind, by moving past the intellect, and into the subconscious and unconscious levels of mind. Here, we experience our wisdom body, developing our intuition and the state of deep knowing.

Join me for the subtle and ancient practice of Yoga Nidra to bring quiet, calm and clarity, and discover the tools to navigate the mind, to experience the Spirit of being.

This class is appropriate for all levels.

Namaste,
Laura Kathka

Contact me at practicepeaceyoga@yahoo.com for additional information.

Offering Relaxing Asana & Yoga Nidra at

Kriya Yoga Center
4024 Tennyson
Denver, CO 80212