YOGA NIDRA

for all

With Grace
from Graceful Flow Yoga

Thursday 20th April 2023

5.30-6.30pm Lincoln

Yoga Nidra or yogic sleep is a powerful practice as an antidote to our modern, fast paced life. Do you go to bed feeling tired, but then find yourself wide awake, lying awake or wake up feeling exhausted after a night's sleep?

In yoga Nidra you are guided through the use of body sensing, breath awareness and guided imagery on a meditation journey to a place of deep rest and calm, unwinding physical, emotional, and mental tensions.

It requires nothing of you but to lie down, listen and give yourself the gift of rest and renewal.

Please bring a yoga mat, blanket and small cushion to support your head or under your knees. You will be lying down for about 45 mins.

No experience necessary .

SCAN ME

TO APPLY, Email UNISONLEARNINGLINCS@GMAIL.COM OR click below
https://eastmidlands.unison.org.uk/learning-lincs/
or scan the QR code

Limited spaces available