

# Coming to Your Senses with Yoga Nidra

with Anne Douglas  
of Banff

March 2-4, 2012

\$195 (185 before February 3)



***Light up your senses*** during this weekend retreat style workshop using the ancient healing practice of iRest®-Yoga Nidra.

Asana becomes “Body Sensing”, pranayama becomes “Breath Sensing”, and meditation becomes a sensorial flow through all of the koshas and elements. Each practice invites you to open to a deeper embodiment, wholeness and a naturalness of Being.

**Fri, Mar 2, 7:00-9:00pm, Opening the Doors and Windows:** The 5 senses can be seen as doors and windows into our True Nature as Awakened Presence. This evening will be an introduction to the full practice of iRest®-Yoga Nidra and Awakened Living.

**Sat, Mar 3, 12:00-4:00pm, Coming to Your Senses:** Experience the deep healing and integration that occurs through the many expressions of iRest®-Yoga Nidra. Enliven the senses through Body Sensing asana, Breath Sensing pranayama and Yoga Nidra meditation.

**Sun, Mar 4, 9:00-1:00pm, Infinite Abiding:** The various forms of iRest®-Yoga Nidra acquaint you with the Truth and Fullness of who you are AS pure Awareness. Practices include yoga asana, pranayama, iRest®-Yoga Nidra and Tandava (meditative movement to music).

**Register:**

**780-416-4211**

**[www.yogafortoday.ca](http://www.yogafortoday.ca)**

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