



## **Delux Restorative Yoga Nidra Immersion**

20 November , 2022 kl 13:00 - 16:30 (3.5 hr)

### **Give yourself this gift of time for yourself**

Take a journey through layers of stress held in the body and mind with this immersion where long-held supported **Restorative yoga** poses to activate the Parasympathetic Nervous System to decrease anxiety

- **Warms stones and sandbags**, strategically placed, help relieve muscle tension giving a spa feeling.
- **Yoga Nidra**, like a red thread, is weaved through this immersion.
- **Gentle asana practice** to stretch and open the body aiding deeper relaxation in the restorative positions.

Allow Trishula to care for you while learning tools to regulate your nervous system for relaxation and stress reduction. Open to all - No previous experience necessary. More information [trishul@trishulyoga.com](mailto:trishul@trishulyoga.com)

*Price:* 500:- inkl moms, payment with an invoice by Bankgiro or Swish  
*Book:* via webpage [trishulyoga.com](https://trishulyoga.com) or email [trishul@trishulyoga.com](mailto:trishul@trishulyoga.com)

