

Yoga Nidra

A Workshop with Satya Shulman, RYT

Saturday, February 17th – 2:00 to 4:00 p.m. - \$35.00



At Insight Learning & Wellness Center
25901 Emery Rd., Ste. 112
Warrensville Hts., OH 44128
To Register call **216.765.4470**

Enter into the Domain of Love and Compassion

Enjoy a combination of gentle yoga poses with the ancient technique of **Yoga Nidra**, known as yogic sleep or sleep with awareness. This technique is neither logical nor psychological. It is a quantum leap beyond the comprehension of the intellect to the domain of trust and faith, **love and compassion**. It bypasses the linear approach and allows you to resolve destructive patterns of behavior at their source.

In this workshop you will learn how to create a personal intention that you can use in this deep meditative practice that will help reduce and manage your **stress**.



Satya is a career woman turned Yoga Master. With a BS degree in Biology and MS degree in chemistry, Satya worked as a pharmaceutical chemist when in 1996 she was first introduced to yoga and became hooked on the practice to find a balance between life and work. In addition, she has also become a certified Reiki Master in 2005 as well as certified in Ayurvedic Thai Yoga Massage in 2010. Satya shares a deep passion for yoga with everyone willing to learn since 2005. Her motto is: **"Treat the present like a present, breathe and feel every moment!"**

Join Satya Every Thursday at 6:45 pm for Yoga of Now

Yoga of Now inspires "meditation-in-motion" by breath coordinated with movement, creative sequences, pranayama and guided meditation and positive self-programming (Yoga Nidra). Students are encouraged to honor the wisdom of their bodies by working around their limits. Satya emphasizes the proper breath and alignment as well as the inner, spiritual dimensions of yoga practice. All are welcome!