iRest® Yoga Nidra

& Meditative Movement

YOGA For Wellness LLC

1175 E. Parkcenter Blvd.
Suite 102

This practice of gentle meditative movement is unlike traditional hatha asana (yoga postures). Rather than a focus on alignment, flexibility, or self-improvement; it is based on the senses and a much more subtle, tactile exploration. The method involves awakening to the subtle energies circulating in the body, which in turn, gives rise to the direct felt sense that one is not just a body.

iRest, the modern-day protocol for the ancient life altering practice of Yoga Nidra, is a user friendly, deeply relaxing guided meditation and tool for self-inquiry.

No Experience Necessary.

Tuesdays

Jan. 2 - February 20, 2018
10:30-11:30am
$14 drop-in
$95 eight weeks

Jeanne Dillion, E-RYT500
Certified Yoga Therapist

For more information please call:
(208)345-7113