**Yoga Nidra**

**A mini training for Yoga Teachers, Facilitators, Counsellors and Therapists**

Yoga Nidra helps one to deeply relax and to access the deep wisdom

that the body innately has to balance and to heal.

The benefits significantly extend beyond those of Shivasana.

It is a wonderful compliment to a yoga class particularly after a

restorative or a yin practice.

This 4 hour course is designed to introduce you to the benefits of a powerfully effective deep relaxation technique.

You will learn what it is, what it does and how to guide it.

 You will be introduced to the different stages of a body scan through the koshas, the role of the breath in facilitating deep relaxation, how to create a short script, and how to offer this deep healing and balancing experience to others.

Sunday, March 22, 12-4pm, in Richmond Hill, ON.

Cost is $75.00 + tax

To register and more info, contact Aida

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