

In association with the Irish Yoga Association & Awareness Through the Body

WORKSHOP ON YOGA NIDRA

Dates: Friday 29th May 2020 – Sunday 31st May 2020

Time: 19h00 Friday – 17h00 Sunday

Venue: Root-to-Light Yoga Space, Tullamore

Cost: €160 paid before 15th February 2020
€180 after 15th February 2020

Please note all booking deposits are non-refundable



This weekend will include: practice of yoga nidra, exploration of relaxation through ATB techniques, rotation of consciousness, explorations of sensations and the breath, visualisation and sankalpa.