



Limited Spaces Available



Yoga Nidra Retreat

with **Aloka Marti**



By using ATB tools, this workshop explores the phases of the yoga nidra technique, as developed by Swami Sathyanda. The intention is to offer participants the possibility to acquire clear bodily subjective sensory memories for how each phase feels. This awareness, and the effect they have in the whole being will allow participants to go deeper in the practice of nidra and facilitate the technique from an alive experience of the entire being.

Date:

Fri 6th - Sunday 8th June 2025

Time:

Fri 7-9pm, Sat, & Sun 9am - 5.30pm

Location:

Root to Light Yoga Space,
Tullamore, Co. Offaly.

Accreditation:

IYA members receive
16 CPD hours for this event.

Booking:

You can book your place by emailing Gabi Gillessen at yogabi@roottolight.com. Early booking essential as space will be limited.

Cost:

€180 early booking (before 30th April)
€220 (after 30th April). Payments please by direct debit to the IYA bank account. Payments are nonrefundable

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