

Register Online www.SacredSpaceRockville.com or Call 301.231.0022

the Relaxation Series

yoga nidra + restorative



"Your innermost sense of self, of who you are, is inseparable from stillness. This is the I Am that is deeper than name and form."

Eckhart Tolle

Restorative Yoga February 26, 6:30-8:30 pm | \$35 register by 2/19 | \$40 after 2/19

Our bodies naturally yearn for a time of inner contemplation, hibernation, and deep meditation. While some yoga poses taste a little bit sweeter than others, at a yoga banquet restorative postures would most definitely be at the dessert table! These soothing and well-supported poses offer us the opportunity to linger quietly for a few moments and savor the simple sweetness of life. In this workshop, you will experience ways to rejuvenate your body and nourish the subtle essences which promotes healing, vitality, potency and Joy. Included in this workshop are restorative yoga, pranayama and meditation. All levels welcome.

Yoga Nidra Meditation March 12, 6:30-8:00 pm | \$30 register by 3/5 | \$35 after 3/5

Nidra means sleep, yoga means one pointedness or union.

Yoga Nidra is a transformative guided meditation practice that helps us find freedom from self-limiting patterns, emotions and beliefs so that we may lead lives of greater ease and fulfillment. It rejuvenates the mind and spirit, and offers a wonderful antidote to stress and anxiety. This systematic method of inducing complete mental emotional and physical relaxation is suitable for all yoga practitioners and beginners. Like a layman would put it: just recharge your batteries! All levels welcome.

About Your Facilitator, Liz Chabra

Liz was born and brought up in India and had her initial training in the land that created Yoga. Her Guru is Rod Stryker (Para yoga) and her inspiration is Pandit Tagunait (Spiritual head of Himalayan Institute). She teaches from a place of faith, healing and transformation with some down to earth humor thrown in! Through her classes her students begin or continue their journey of honest exploration, acceptance and personal freedom. She draws her inspiration from bringing out the true potential in the people she touches and keeps that quest alive in her own life. **Check her out on CBS!**



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