

iRest® Yoga Nidra

For Health, Healing and Wholeness



April 29 & 30, 2017

Sat - 12 - 4 (break 4 -5) 5 - 8

Sun - 8:30-12 (break 12-1) 1-5:30

Cost: \$350 (\$295 before March 27)

This retreat qualifies for the "short retreat" requirement for iRest Yoga Nidra certification.

with Anne Douglas

Anne is committed to helping people resolve suffering by rediscovering their essential wholeness and interconnectedness with life through practices such as iRest® Yoga Nidra. She has been teaching yoga and meditation for over 30 years and has a thriving yoga therapy practice in which iRest is the primary resource.

www.anahatayogatherapy.ca



Research shows that Yoga Nidra effectively reduces stress, insomnia, anxiety, depression, chronic pain, and post-traumatic stress disorder. This personal practice immersion, designed for newcomers and experienced practitioners alike, offers profound healing benefits in body, mind, and spirit. Daily practice themes include iRest Yoga Nidra for:

- stress and insomnia • working with negative emotions and beliefs • manifesting your hearts desire and purpose • awakening to your essential wholeness and true nature.

Register today 780 416 4211* www.yogafortoday.ca

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