

# INTERNATIONALORANGE

## YOGA WORKSHOP

YOGA NIDRA IMMERSION  
Sunday, October 5, 2-4PM



### A Special Relaxation Experience with Tina Foster

Yoga Nidra is making a popular comeback with good reason. Imagine a practice so effective you're treating your symptoms at their root causes rather than at the surface. Yoga Nidra is a very simple yet systematic approach described in different ways, including: **exercise without movement, the zero stress zone, and relaxing into greatness.**

It is all of these and more. At the height of practice, the subconscious – where our deepest tensions are stored – becomes relaxed and open. We enter a familiar state of mental twilight, known to neuroscientists as "theta". Yoga Nidra is technically sleep – with just a sliver of awareness. Practitioners of Yoga Nidra describe an experience of safety, comfort and luscious well-being – with no sense of linear time passing.

**Participants will leave feeling:**

- a clearer and more positive mindset
- very relaxed, but not tired or sleepy
- that self-care has occurred at the deepest level possible

**Workshop cost is \$45. Pre-register by September 30<sup>th</sup> and pay only \$40.**

Please call or see the International Orange Front Desk to reserve your spot for this workshop. Space is limited to 12 students and has sold out in the past. Walk-ins will be accepted only if space permits. Added layers are recommended for comfort.