



Whispering Winds

Movement & Meditation ~ Magic & Mystery

Experiential *iRest* YOGA NIDRA Training

October 22-24, 2010 \$550

Sessions: Exploring the different bodies.

1. Introduction to Intention, Inner Resource & Heart's Desire
2. Physical Sensation
3. Breath & Energy
4. Feelings & Emotions.
5. Intellect & Cognition -Thoughts, Beliefs, Images & Memories.
6. Joy, Bliss, & Love.
7. Ego-I Witness & Pure Awareness

There will be body sensing asana sessions each morning and adequate time for discussion after each session to satisfy any questions that may inhibit your ongoing practice of this profound & most effective protocol.

"Yoga Nidra is an ancient yogic practice of meditation that begins with sensing the physical body, then sensing breath & energy, feelings & emotions, thoughts & images, Joy & Love and finally the Ego-I & Witness. It is also referred to as the practice of Integrative Self-Restoration (iRest) because it restores our senses to their natural functioning, gives rise to spontaneous dis-identification from afflictive physical, emotional, cognitive, and imagined conditioning, and restores conscious awareness of True Nature."

Richard Miller www.nondual.com

Location: Nature's Retreat, Caledon

To register please call Lanee

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We can't change the wind ~ but we can adjust our sails!