



Zoë Stone Yoga

Time to make your soul happy



## Yoga Nidra - Sunday 28 November 7-8pm Uncover hidden treasures!

*Asana* (yoga postures) is one of the eight limbs of yoga. Yoga Nidra is a form of the fifth limb, *pratyahara*, or withdrawal of the senses. This practice otherwise known as 'yogic sleep' is an ancient practice that promotes and supports full body relaxation and a deep meditative state of consciousness. This is an exploration of the subconscious mind, taking you on an inward journey where the brain is incredibly creative and hidden gems can be uncovered!

There are a few spaces remaining for this months practice.

Lie back and listen to a guided relaxation, visualisation, body scan during this rotation of consciousness.

Come with your mat, blankets or sleeping bag, pillows, warm tea and cosy socks x



## A hug in a mug

During the winter months, have you considered bringing a hot drink to your yoga practice to enjoy after your savasana?

A post yoga tea helps the body and mind to process your practice. During a day practice, I drink either white tea or matcha tea, helping to prepare the body for a possible busy day ahead. Both teas have amazing qualities with high antioxidant properties. The caffeine content is somewhat higher than normal tea but less than coffee..a smooth energy boost!

A camomile tea for example, at the end of your evening practice can help you to reduce inflammation and relax more deeply. This is also very good for anxiety too. A very nutritious hug in a mug!

"Looking deeply into your tea, you see that you are drinking fragrant plants that are the gift of Mother Earth. You see the labour of the tea pickers; you see the luscious tea fields and plantations in Sri Lanka, China and Vietnam. You know that you are drinking a cloud you are drinking the rain. The tea contains the whole universe." Thich Nhat Hanh

I'd love to stay in touch, please do let me know if you no longer wish to receive these notes x

**Book**



Dyers Barn, Chawton House, GU34 [unsubscribe](#)