

Are you craving DEEP REST?

Yoga Nidra

rest-based meditation

Are world events giving you whiplash?

Do you often feel tired but wired?

What could you do if you learned to become deeply rested, in mind, body, spirit, and energy?

- Come experience the **deeply healing state** called “Non-Sleep Deep Rest” (or NSDR), as recommended by the Huberman lab.
- **Unwind stress and tension** at all levels of your being.
- **Connect internally** with your own sources of wisdom.

It's not yoga, it's an ancient form of rest-based meditation gifted to us by the yoga tradition. You simply lie down and I lead you through various experiences designed to reset your mind and brain, your body, and your energy and nervous system.

It's said that 1 hour of Yoga Nidra is **worth 4 hours** of regular sleep.

Lie down and be free



Pre-Registration required.
Limited to 7 participants.
Bring your yoga mat!

Your investment in deep rest: \$15

Sunday, August 25, 4 PM
at Nurture Wellbeing in West Seattle
6307 California Avenue Southwest, Suite 101

with Jennifer Kogut of
Wisdom Voyage Hypnotherapy PLLC
wisdomvoyage.com

