



# Leave the world behind

## Yoga Nidra Workshop



*“Yoga Nidra takes you to the same place as meditation, it is just a lot easier, all you have to do is to lay down.” Yogi Amrit Desai.*

*“I never go as deep as in Yoga Nidra”.*

*“I got inner guidance that has transformed my life”.*

*Anne-Marie Derouault, PhD, is a certified instructor in the Amrit Method™ of Yoga Nidra. She is the author of two guided CDs: “Letting Go” and “Harmony with Food”.*

Investment: \$30 before Jan 7th, \$35 after

**Date: Saturday January 14th**

**Time: 2:00 pm—4:00 pm**

Location: Riverfront studio,  
Central Merritt Island

*Call 321-544-8541 for details*

Research has shown that Yoga Nidra helps promote healing, lower blood pressure, induce restful sleep, reduce stress, boost the immune system, and slow the aging process.

Yoga Nidra is an ancient technique that will take you into the deepest levels of relaxation while still remaining fully aware. Your brainwaves slow down into subtler states as you become more relaxed, integrated, expansive and present.

In this state of higher consciousness, you will start to release acquired conditionings and replace them with personalized intentions. Come and reconnect to the source of your own power!

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