



Yoga Nidra- an introduction

Learning to relax consciously is a skill. Practice, and feel the peace within.

This benefits the nervous system thus eliminates stress in the body and mind.

Yoga Nidra, or yogic sleep as it is commonly known, is an immensely powerful meditation technique, and one of the easiest yoga practices to develop and maintain. While the practitioner rests comfortably in *shavasana* (corpse pose), this systematic meditation takes you through the *pancha maya kosha* (five layers of self), leaving you with a sense of wholeness. Included are gentle movements for rejuvenation. All levels welcome.

Sunday, June 26, 1-4 PM, \$45

To register call: Maryon Maass 510-493-8133 www.masterthepause.com

Maryon Maass ERYT-500, Lived in India for 8 years and is an experienced Yoga, (Himalayan Tradition and BKS Iyengar), Feldenkrais and Qi Gong teacher. She studies the subtleties of body and mind, through the observation of the body, and breath. She leads us through *subtle* energies for relaxation and peace of mind for rejuvenation and longevity.

Location: The Stress Management Center of Marin (SMC) 1165 Magnolia Avenue Larkspur, CA 94939.

www.smcmarin.com