

# Antar Mouna (Inner Silence) and Yoga Nidra

Two different techniques leading to experiencing  
deep peace and mental quietness

**Swami Nirmal**

**FRIDAY 17 FEBRUARY 2017**

**Cavendish, Field End Rd, Eastcote, HA4 9PG**

**10am – 1.00pm Cost £32**



Antar Mouna is one of the most direct methods of tackling the problems of the mind. It is an important technique for anyone who wants to achieve mental and emotional balance.

In the first part of the morning we will be going deeply into the practice of Antar Mouna. The more you practise Antar Mouna, the more you discover, so the morning will be appropriate for all levels of practitioners of this ancient technique.

The session will end with half an hour of Yoga Nidra, a deep relaxation technique. Students will leave the session refreshed, relaxed and with deeper insights into their own nature

*Sw. Nirmal has taught Yoga continuously since 1985. She has been trained as a teacher by Sw Pragyamurti and has spent a year in the Bihar School of Yoga practising under the direct guidance of her Guru, Sw. Satyananda Saraswati.*

*Over the years Sw. Nirmal has given many seminars and days of Yoga on subjects such as Chakras, Mudras, Meditation, Prana and Pranayama, Mantra and Yoga of Sound and runs Yoga Nidra courses.*

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## **A Morning with Swami Nirmal**

**Friday 17<sup>th</sup> February 2017**

**Application Form – Cost £32**

Name.....

E-Mail Address.....

Telephone Number.....

Please make cheques payable to:- Jackie Barker, 14 The Uplands, Ruislip, HA4 8QN

Telephone: 01895 675426 07876 207408 e-mail [Jackie@yogawithjackie.co.uk](mailto:Jackie@yogawithjackie.co.uk) [www.yogawithjackie.co.uk](http://www.yogawithjackie.co.uk)

NB. If people have to withdrawn I'll always offer a full refund with 1 month's notice and a 50% refund with 14 days notice if there is no waiting list.