

# "A Day of Nurturing"

## Swami Nirmal

SUNDAY 12 JULY 2020

Niland Conference Centre, Rosary Priory  
93 Elstree Rd, Bushey WD23 4EE  
10am - 4.00pm Cost £60



"We will be exploring all different ways in which we can nurture ourselves on this special 'Me' day. We will experience various breathing techniques (Pranayama) with Hasta Mudras to work on our body, mind and emotions. There will be sitting and if the weather is fine, walking meditations outside in the beautiful Meditation Gardens of Rosary Priory. Simple Asanas between these practices will stretch and open the body and the deep relaxation of Yoga Nidra will continue to create more health, peace and joy in our bodies and minds. When we are healthy, peaceful and happy, we positively affect those around us, so our own Yoga Practice is good not only for us but also for others."

The morning will be held in the beautiful setting of the Rosary Priory in Bushey. It is absolutely stunning. We will have use of an area to eat our packed lunch, or there are places to eat within easy walking distance. There is plenty of parking and Public Transport connections are good.

*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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### Mudras with Swami Nirmal

Sunday 12<sup>th</sup> July 2020

Application Form – Cost £60

Name.....

E-Mail Address.....

Telephone Number.....

Please make cheques payable to:- Jackie Barker, 14 The Uplands Ruislip, HA4 8QN BACs: 08-92-86 16087499

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 withdraw 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.