

"Yoga Nidra" with Swami Nirmal

FRIDAY 12 JULY 2019

**Moor Park Golf Club
Rickmansworth**

WD3 1QL (use this for Sat Navs)

10am – 1.00pm Cost £36



"Yoga Nidra is a simple yet powerful technique used to achieve deep relaxation on physical, mental and emotional levels. It induces the state of Pratyahara and can lead to higher states of Dharana and even Samadhi. The technique is highly structured and requires a teacher who has been trained and acquired a deep understanding of it."

In the workshop there will be a short introduction explaining some of the aspects of this practice, followed by two guided Yoga Nidras. There will be some gentle asana practice between the Yoga Nidras, with ample time for questions and answers.

The morning will be held in the beautiful setting of Moor Park Golf Club off the Rickmansworth Road, **WD3 1QL** in the breath taking, Grade 1 listed Palladian building. This is only accessible by car and I will arrange a pick up from Ruislip Manor underground station for anyone requiring a lift. There are two entrances (1) coming via Mount Vernon Hospital, turn right into Batchworth La and then immediately left through the archway entrance, or (2) use the Rickmansworth Moor La entrance, but go past Ricky Golf Club on left. I will send out a map nearer the time.

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.

-----Please detach and retain top half-----

Mudras with Swami Nirmal

Friday 12th July 2019

Application Form – Cost £36

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 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.