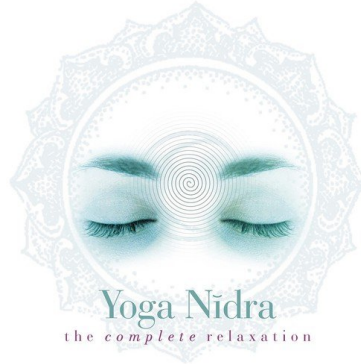


A Guided Online Yoga Nidra Practice with Athina Pride

Friday, May 29, 2020 • 5:30pm-6:45pm

Exchange: \$15 Online Yoga



Receive the wonderful benefits of “yogic sleep” in the comfort of your home...resting in a state of peace and well being.

No train or car ride needed after the session.

Yoga Nidra is known as conscious yogic sleep. It is among the deepest possible states of relaxation while still maintaining full consciousness.

You will be guided into a practice intended to induce total physical, mental, and emotional relaxation. A welcome 're-set' for our nervous systems in these challenging times. Studies have shown that Yoga Nidra can ease insomnia, anxiety, and stress, thus stabilizing blood pressure, heart rate variables and hormone irregularities. It fosters feelings of peace, calm and clarity.

Yoga Nidra is a practice for everyone, from children to seniors. It is practiced with props in a comfortable restful position. For the class it is recommended that you have the following: blankets, pillows, an eye pillow, bolster or any substitutes.

Athina Pride obtained her professional level yoga certification (E-RYT 500 hours) at the Kripalu Center for Yoga and Health in Lenox, MA, and has been teaching yoga for the last 20 years. Athina's specialty training includes Yoga Nidra, Yoga for Skeletal Health, and Thai Yoga. She is a Reiki Master and former owner of Infinite Yoga Center in Larchmont, NY. Her approach to yoga is one that links awareness and breath with experience, while cultivating the witness consciousness which is typical of the Kripalu style of yoga. She is conscious of the need to experience and feel the body in its most subtle level, allowing students to explore what they feel in a profound and safe way. She guides students with compassion and care through the 8-limb path of Raja Yoga.



Sacred Spirit Yoga and Healing Arts Center

At South Presbyterian Church

343 Broadway, Dobbs Ferry, NY 10522

sacredspiritryogacenter.org