Yoga Nidra 101



What

Learn the theory of Yoga Nidra. This workshop will provide you with the tools to start you own Yoga Nidra practice. A booklet will be provided for your home use.

This workshop is offered both in English and French while the two practices will be done in English only.

For whom

This workshop is for everyone. Yet, it provides interesting info for more advanced yogis/nis

Your Investment

About Daniel from Yoga Partout

Daniel studied Yoga Nidra with Swami Premananda of Satyam Hatha Yoga School of the Saraswati lineage. Since then, his sadhana and teaching has been transformed. He's been following the yoga path since 1978 and has over 500 hours of teaching experience. He is a member of the Yoga Alliance (RYT 200), the CanFitPro (MBS 2010) organization and an active advocate for the World French Yoga Federation since 2008.

Web cast

See the workshop description on this youtube

Slides of the same web cast

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For more information

Please write to: Daniel or call Equilibrium at (514) 843-Yoga (9642)

Blog about Nidra... and more

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