



RELEASE & RECEIVE

Release with YIN YOGA & Receive with YOGA NIDRA

w/ Nicki Simonich

Join us! To be held in a safe intentional space to melt away that which may be stuck physically, mentally or emotionally, and is ready to be let go of. Life's experiences are often trapped in our bodies. We'll encourage the breath to escort out what is no longer needed, as we soften into specifically chosen floor based postures. Yin Yoga will allow for a deep release, leaving you feeling lighter and more open.

After a 75min Intentional Yin practice, we'll transition into a cozy bed of props, to be guided deeper inward. Through a state of relaxed stillness we'll journey into our Yoga Nidra Practice. Yoga Nidra is a profound healing opportunity to bring in and receive our heartfelt desires. This practice is a guided meditation resetting the nervous system to allow for transformation.

There is nothing to do and no way to do it wrong. This workshop will leave you feeling very relaxed and very connected to your true beautiful divine self.

***Together we'll create an alter space, as we set intentions for our Release and Receive practice. Please bring something(s) close to your heart to add to our co-created alter (a picture, rock, feather, statue, jewelry- it will be returned to you. This is of course optional)

These are my two favorite practices, and I have witnessed much healing in my clients, with both...I'm excited to bring them together for you to benefit from!

***PLEASE pre-register as there is limited space.**

WHEN: Sunday, September 16th, 3-5pm

PRICE: Members: \$40, Non-Members \$45

REGISTER: www.AustinYogaTree.com

LOCATION: Austin Yoga Tree, 10401 Anderson Mill Rd. Austin 78750