

Fall Yoga Nidra Workshop Surrender to Your Essence with Deirdre Breen



Saturday October 20, 2018 3:00-5:00pm

In our quest to be our best self we often go outside ourselves, searching for all the things we believe we need to be complete, and in doing lose sight of our true essence. This practice will focus on surrender and letting go of preconceived notions of who you think you should be to discover the brilliance of who you truly are. Sequences of breath and movement will both root and release, while a nidra meditation will help to illuminate your edges of self-expression and unbound potential.

After Yoga Nidra, an ancient practice also known as the sleepless sleep, students report feeling deeply refreshed, revived and positively connected to themselves.

Deirdre Breen, RYT 500, is a Master Yoga Teacher in the ISHTA Lineage, a board-certified integrative health coach, and Ayurvedic Health Counselor candidate. She is delighted to return and share this sacred practice with former and new students at Yoga Life. Deirdre lives and teaches in Westchester. Her website is www.deirdrebreen.info.



All levels
welcome!

Investment: \$45, pre-register at the studio or online, www.yogalifepw.com