

# Restorative Evening

*with Leigh Anne Barnes*

**Sunday, September 24, 2017**

**4:00-6:00 PM**

**\$20**

Join me Sunday 9/24 from 4-6 pm for an evening of Restorative Yoga and Yoga Nidra. Restorative yoga is often known as the yoga of 'being'. In a world of constant 'doing', slow down and learn ways to relax and restore physical and mental balance. Restorative yoga is related to the element of earth. To prepare our body for stillness, we will begin by taking slow, gentle movements (element of water) to loosen and warm our joints. Postures (supported by blankets, bolsters, blocks) will be held for a period of time (anywhere from 5-15 minutes). As the body becomes comfortable and open, breath-work will assist in slowing down our thoughts. As the body rests, the mind is also given an opportunity to rest.

Yoga Nidra will follow the restorative postures. Nidra also known as 'sleep' is an ancient practice rooted in a deeply held desire or intention. Lying in the most comfortable posture ('corpse' or 'savasana'), you will plant this intention within your mind as you are led through a practice of listening and awareness. One hour of Nidra equates to 4 hours of deep sleep.

Open to ALL.