



Flexworkshop

Luminous Awareness: Pranayama and Yoga Nidra

with Michelle Ricaille

Wednesday 18 November | 11:45am- 1pm

Learn to fully relax your body and mind,
to melt away a stressful day.

PRANAYAMA or the practice of breath control, has the power to revitalize the body, elevate the spirit, and calm the mind. Yoga Nidra is yogic sleep done in a conscious state. It is the practice of guiding the entire body and mind into complete relaxation. In this workshop, understand the basics of the yogic philosophy behind pranayama and yoga nidra, and how you can integrate these techniques into your life.  flexstudiohk  FlexStudioHK

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