



HEART & MIND IN HARMONY

A workshop with Emily McConnell, exploring mantra, asana & Yoga Nidra designed for revitalizing the mind and body.

Includes an introduction to mantra practice, seasonally aligned yoga sequence, a deep relaxing meditation known as Yoga Nidra or yogic sleep, and sound healing with quartz crystal and tibetan singing bowls.

Please bring your own mug for tea, and a journal.

SAT, FEB 29 1-3PM

SUTRAS YOGA STUDIO

ANCHOR BAY

\$30

TO REGISTER PLEASE SEND AN EMAIL TO: EMILY@SUTRAS.YOGA.COM

WORKSHOP WILL BE LIMITED TO 6 PARTICIPANTS