

# W O R K S H O P S   Y O G A   I N S I G H T

No previous experience is required. All levels of practitioners are accepted, as we adapt the activity to the specific needs of the individuals or of the small group attending the workshop. However, with a preliminary interview, we will be able to suggest the activity best suiting your needs

## Y O G A   N I D R A

It is a method that leads to complete relaxation; not only physical, but also mental and emotional. The term Yoga Nidra derives from two Sanskrit words: Yoga, meaning union or one-pointed awareness, Nidra i meaning sleep. We can also translate these two words as, psychic sleep, because during this practice, we seem to be asleep, but in reality the consciousness is working at a deeper level. In this borderline state between sleep and wakefulness, we learn to relax with awareness. Yoga Nidra is one of the auxiliaries of Yoga, because it is an aspect of Pratyahara, where mind and mental awareness are dissociated from sensory channels.