



Teacher Training **YOGA NIDRA** door **Mātājī**

Sadvi Abha Saraswati (Mātājī)

De 5-daagse Teacher Training Yoga Nidra door onze geliefde lerares Mātājī van de Parmarth Niketan Ashram in Rishikesh is een unieke kans voor studenten en docenten van de Saswitha Opleiding om deze bijzondere vorm van meditatieve ontspanning zelf te leren.

Tijd ma 28 mei – vrij 1 juni 2018, 17.00–21.00 uur
Kosten € 595,-

www.yoga-saswitha.nl



Saswitha Opleiding
voor Yoga en Wijsbegeerte

Yoga Nidra is one of the most ancient practices in the holistic systems to attain perfect health, healing and most importantly to attain oneness with the divinity in a beautiful meditative experience.

Lord Vishnu who amongst the Trinity, is the nourisher of the entire creation. He is said to be in Yoga Nidra every year during the months of the monsoon. The goddess of nidra dwells in Him, lest He be disturbed!!

This Nidra or sleep is radically different than the physical sleep that we experience every night. Yoga Nidra is the time of intense awareness and creativity! It's the most rejuvenating experience that one can have in life.

Yoga Nidra comes from the tantric traditions in India. One can practice Yoga Nidra without any fear of loss or pain.

Sadvi Abha Saraswati



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Meer informatie en aanmelden:
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