



Flowing Into Stillness

A Vinyasa Flow, Restorative Yoga and Yoga Nidra Workshop with Samantha and Michelle.

In our fast paced world it can be very hard to make time to find stillness in our bodies and our minds. Michelle (of Honourourbody Pilates and Yoga) and Samantha (of Natural Balance Yoga) would like to invite you to explore the peace and relaxation that restorative yoga and yoga nidra can provide.

This 2.5 hour workshop begins with a gentle flowing practice to aid our transition from the outside world to the peace and security of our mat. We will move gently and mindfully through a thoughtful series of asana, using the breath to aid the transitions.

After a short refreshment break we will spend time experiencing the nurturing and nourishing benefits of a restorative yoga practice. Using props to allow the body to be completely supported throughout, we will melt into poses with total comfort and freedom. When the body is in complete rest the mind can also begin to settle.

Our morning will end with the transformative experience of yoga nidra. This beautiful relaxation technique soothes and settles the mind, leaving a feeling of peace and tranquility.

St Margaret's Church, Wicken Bonhunt, Saturday May 5th 0930 - 1200

or

Little Shelford Memorial Hall, Little Shelford, Saturday 12th May 0930 - 1200

Cost: £25, including light refreshments

Please reply to Samantha at naturalbalance@yahoo.co.uk

[or michelle@honourourbody.co.uk](mailto:michelle@honourourbody.co.uk)

Places are limited so please reserve early.