

RELAX AND RESTORE



Kristine Iversen, RYT500

jan 24, feb. 21, mar 27, apr 24, may 29

INVEST IN REST restorative yoga | yoga nidra

Allow yourself some much needed time and space to slow down and relax.

Join Kristine Iversen for this calming and peaceful 2 hour break from the hustle and bustle of the every-day. Kristine will guide you through a deeply relaxing restorative yoga class, ending with yoga nidra, the sleep of yogis. With candles lit, dimmed lights, blankets, and bolsters, you'll have everything you need for a truly restful Friday night.

Restorative yoga is a slow and deeply relaxing yoga practice. The aim is to allow your body, mind, and spirit to find stillness and release whatever tensions and stresses you might be harbouring.

Yoga nidra, also known as "the sleep of yogis" is an ancient relaxation technique and guided meditation. It aims to bring you to a state of consciousness that is neither fully awake nor sleeping, it's that lovely place in between.

TIME

fridays, 18:30-20:30

WHAT TO BRING

- eye-pillow, warm socks or anything else that will keep you comfortable
- clothes you feel comfortable in
- your lovely self

PRICE

420,- / 490,-
(members / non-members)

REGISTRATION

info@terrayoga.no

Registration is binding. No refund for cancellation less than 2 weeks before each session.

www.terrayoga.no



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