Bliss In Me

YOGA & MEDITATION RETREATS

AROMA YOGA NIDRA

DEEP RELAXATION & STRESS RELIEF

SPECIAL WORKSHOPS WITH AGNIESZKA KOWALSKA

I invite All for Aroma Yoga Nidra – the practice of deep relaxation that rejuvenates the body and the mind, returning the practitioner to a profound state of emotional balance, inner peace and well-being.

Agnieszka Kowalska

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Special Workshops

AROMA YOGA NIDRA – DEEP RELAXATION OF BODY & MIND

To keep the harmony of Body & Mind, I invite you to special Yoga Nidra sessions for everybody interested in development of deep relaxation through a lying-down meditation that induces full body relaxation and strong states of awareness.

Yoga Nidra, also called "Yogic Sleep" or " Sleep with Awareness", is the conscious meditative state found between relaxing and sleeping.
During the Aroma Yoga Nidra session, the participants will try a deep relaxation practice that starts with pranayama, or breath work, to center the mind followed by a brief, gentle asana practice to ready the body for a calming Yoga Nidra meditation, done in Savasana pose, with accompanying of organic essential oils.

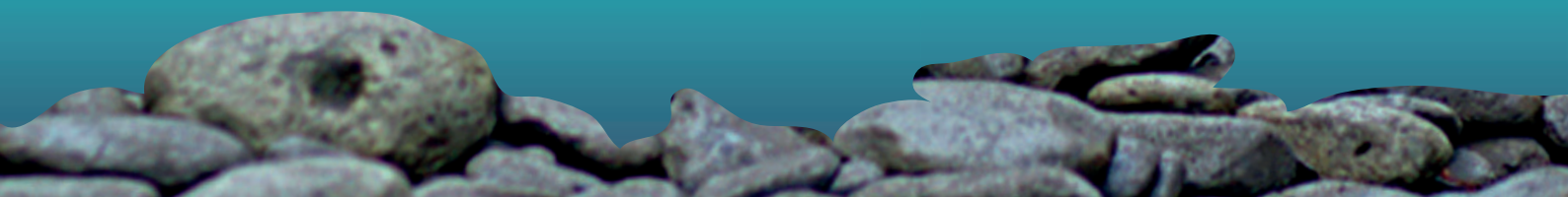
Within the meditation, teacher will guide you through intentional body scanning and guided imagery to reach a state of total body-mind surrender and relaxation. **This is an effective and powerful practice to produce profound healing, stress and insomnia reduction.**

This Aroma Yoga Nidra special session will be held using organic essential oils to bring your to deeper relaxation and you will leave the room with great sensation of freedom and happiness. No prior experience with yoga is necessary to fully enjoy the benefits of this workshop.

AROMA BENEFITS OF YOGA NIDRA:

- **Deep relaxation of Body & Mind**
- **Increase inner balance & vitality**
- **Emotional & physical healing with Essential Oils**
- **Energy regeneration & release stress**
- **Deep sleep & insomnia reduction**
- **Enhancing focus & concentration**
- **Elimination negative thoughts**
- **Anti- aging and boost vigor**

TEACHER:

AGNIESZKA KOWALSKA – a certified teacher of yoga and meditation (RYT 500) with long experience in teaching yoga and meditation. I have been teaching various classes for many years, including yoga for pregnant women, children, seniors, people with back problems and other health conditions (therapeutic yoga), as well as Hormone Yoga Therapy for Women and Yoga Nidra with Essential Oils. I always try to make my students leave my classes feeling calm, relaxed and full of positive energy.

For more info about dates & places – please, contact with Bliss In Me
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