

Healing Extreme Stress & Trauma with Yoga & iRest Meditation

with Robin Carnes

Saturday, April 21, 2012 2:00pm - 5:30pm \$50

Open To Students of All Levels.

Many of us are living with the effects
of extreme stress and trauma:

- disturbed sleep
- chronic pain
- depression
- and/or anxiety

In the last two decades, scientific
research has begun to validate
the efficacy of healing trauma
by working through and
with the body.

For thousands of years yogis have
traveled and mapped this healing path
that science is now confirming.

In this workshop we will be discussing
a simple model of stress and its effects
on the body/mind. Then we'll explore
ancient postures, breathing practices and
meditation that are known to calm the
nervous system and help you reconnect
with yourself, others and life itself.



Robin Carnes discovered yoga at age 18, and it has gradually become the center of her life. Robin is a certified iRest yoga nidra instructor, yoga instructor and Kripalu DansKinetics instructor. Since 2006, Robin has become fascinated by how iRest yoga nidra meditation can help people in all walks of life experience greater health and well-being. Her passion is sharing yoga and meditation with military service members and families, as well as others who have experienced trauma. For more information visit www.yoganidranow.com.

(Registration Form)

Please fill out this form and return with payment to: The Yoga Center of Columbia, Parkridge Plaza Building,
8950 Route 108, Suite 109, Columbia, MD 21045 or fax with credit card information to 410.772.9591

Name: _____

Address: _____

Telephone # : (Days) _____ (Nights) _____

E- Mail: _____

Please sign me up for **Healing Extreme Stress & Trauma with Yoga & iRest Meditation Workshop:**

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Payment Type: (✓) Cash Check Visa MasterCard American Express Discover

Acct. No. _____ Exp. Date: _____ Signature: _____