

REVITALIZE YOURSELF WITH YOGA NIDRA

Yoga Nidra Workshops with Debbie Jensen - Grubb

Sundays, 1:00pm - 2:30pm \$20 each

July 26, 2009 & August 30, 2009

**Yoga Nidra means sleeping consciously. It is an ancient method
which can open new capacities of the mind.**

In Yoga Nidra, the most effective means of training the mind is found in sankalpa (resolution),
which you make for yourself during each practice.

The sub-conscious mind
and the unconscious mind
are the most powerful forces
in the human being.

The practice of Yoga Nidra not
only relaxes but restructures
and reforms from within. With
every session, we burn old
samskaras (imprints left on the
subconscious mind by experience),
habits, and tendencies in order
to be born anew.



Anything in life can fail you
but not your sankalpa.

It is an important stage of
Yoga Nidra and a powerful way of
reshaping your personality and
giving a new direction in
life along positive lines.

The resolution you make at the
beginning of the practice is like
sowing a seed and the resolution
at the end is like irrigating it.

**Come, relax, refresh, and realign
with your true life's purpose.**



Debbie Jensen-Grubb, Registered Yoga Teacher 500 hours with Yoga Alliance (RYT500), member of the International Association of Yoga Therapists, graduate of TYC's Teachers Training program, and a Registered Nurse. Debbie focuses her years of training on how yoga can heal the body through a therapeutic approach to injuries and chronic illnesses. She supports the development of her student's own awakening of body/mind awareness through poses, breath, meditation, and relaxation. Debbie is a senior teacher at The Yoga Center of Columbia.

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 info. 410.772.9591. Register at www.columbiayoga.com

Name: _____

Address: _____

Telephone # : (Days) _____ (Nights) _____

E- Mail: _____

Please sign me up for the **Yoga Nidra Workshop(s) with Debbie Jensen**

July 26, 2009 \$20 August 30, 2009 \$20 Total Cost _____

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

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