

Relax and Replenish, Align with Your Goals

Through Yoga Nidra with Debbie Jensen - Grubb

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

January 22, February 26, March 18

Yoga Nidra means sleeping consciously. It is an ancient method which can open new capacities of the mind and the experience of absolute relaxation.

In the wakeful state the consciousness is actively engaged, in dreaming the subconscious is predominant, and in a deep sleep state the unconscious manifests. Yoga nidra is the fourth state which is at the borderline between wakefulness and dreaming.



The sankalpa, which you create, is a short mental statement which is impressed on the subconscious mind when it is receptive and sensitive to autosuggestion during yoga nidra. Whatever impressions you plant in the subconscious mind will grow and enrich your life.

This is accomplished by becoming introverted while maintaining a degree of external awareness by listening to, and mentally following, a series of instructions.

You will be assisted in becoming completely comfortable, so that all parts of the body are supported, while lying down for this hour long guided meditation.

In yoga nidra, you not only enjoy the complete physical, mental and emotional relaxation but also get to explore the tremendous powers hidden in the deeper layers of subconscious and unconscious mind.



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 **Winter 2012 Yoga Nidra Workshop(s) with Debbie Jensen**

January 22, \$20 February 26, \$20 March 18, \$20 Total Cost _____

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

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