

Yoga Nidra and Sound Bath

In this 90 minute workshop, Lydia guides you through a yoga nidra practice where you will learn to relax consciously. Often coined the 'psychic sleep' yoga nidra aids in full relaxation and has you feeling rested with the eyes closed while tapping into the various layers of your consciousness. Feel supported in your yoga nidra journey with bolsters and blankets as Lydia's guided meditation and sound bath draws your senses inward.