



**FREE YOURSELF FROM LIMITATIONS OF THE PAST...
STRESS ABOUT THE PRESENT...
AND WORRIES ABOUT THE FUTURE....**

YOGA NIDRA MEDITATION WORKSHOP

with Amrit Yoga Institute Senior Yoga Nidra Teacher Diane Renu Zagoria* E-RYT 500

It has been estimated that stress is the underlying cause of as much as 85% of illnesses today. Stress comes in many forms, many of them so much a part of our routine that we fail to recognize them as problems. This hidden stress continually attacks us resulting in a wide range of health issues, such as premature aging, degenerative diseases, insomnia, indigestion, high blood pressure, heartburn, anxiety disorder and addictions to alcohol, drugs and tobacco just to name a few.

In this workshop you will learn about and then Experience how this Profound Meditative Practice can help Reduce your Stress. And all you have to do is lay down, (or sit in a chair) close your eyes and you will be Guided into Deep Relaxation and into the state of Consciousness that is Yoga Nidra.

Sunday

June 25th

11:00am-1:00pm

MindBody954

**8620 Griffin Rd,
Cooper City, FL**

954-252-7999

\$35 in advance

\$40 at the door



*Diane Renu Zagoria E-RYT 500 Certified Amrit Yoga Level I & II teacher, Amrit Method Yoga Nidra Facilitator, Amrit Method Reiki Master and Senior Teacher of the Yoga Nidra Professional Training at the Amrit Yoga Institute. Renu brings a gentle approach while encouraging a deeper understanding of the true meaning of Yoga. Also a Certified Reflexologist and Life Coach, Renu has a private practice in Los Angeles specializing in Yoga Nidra and incorporating the teachings with other healing modalities and relaxation techniques helping people let go of what holds them back from living their lives in balance, peace and harmony. www.relaxationwithrenu.com



Please bring a yoga mat and whatever else you need to lay comfortably on the floor. A blanket and eye pillow are suggested.