



MOEBIUSYOGA™
At THE PRANA STUDIO
For Yoga and Health

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Total Rest & Renewal
A Restorative Practice
With Aromatic Oils & Reflections on Ayurveda
April 3, 2010, 9:00AM -12:30PM

Our new Rest & Renewal offers you a deeply relaxing and rejuvenating restorative Yoga practice combined with the sound of crystal bowls for balancing the Chakras, Ayurvedic Reflections, Aromatic Oils, and Yoga-Nidra/ iRest for deep inner peace.

You will start with deep breathing and a gentle Yoga sequence. During a series of restorative Yoga poses you can completely relax into the support of blankets, pillows, and props. The sound of crystal bowls, guided contemplation, reflection, and affirmation help you deepen the effect of the poses for the rebalancing of the Doshas.

At the end of the session you will be led into Yoga-Nidra, also called 'wakeful sleep' in Sanskrit, a profoundly transformative relaxation-meditation practice. This technique releases stress, revitalizes the subtle energy channels and Chakras, improves sleep, health, and healing, calms the mind, and brings peace to the deepest and most subtle levels of your being.



Please bring your favorite blanket, pillow, wear comfortable layered clothing. Tea is provided.
 Register at The Prana Studio Phone: 603-868-6753, e-mail: yoga@moebiusyoga.com

Name _____

E-mail _____

Address _____

Day phone _____ Eve phone _____

WS-Tuition fee \$38 _____ Amount enclosed _____