

HIGH DESERT YOGA
presents



WINTER SOLSTICE
Deep Savasana & Yoga Nidra
Restorative Workshop

WITH AVERY KALAPA
ERYT500, YACEP

Sunday
December 22, 2019
2:30–5:30pm

Align your Self with the nourishing quietude of nature's deepest moment of rest and rejuvenation: Winter Solstice, the longest night of the year. Practice fully supported, grounding, long-held restorative yoga postures combined with Avery's beautifully crafted guided relaxation and pranayama/breath work to prepare you for Yoga Nidra, or "Yogic Sleep," a conscious journey into a long Savasana. This magical hibernation will help you replenish and heal from the potential frenzy of the holiday season, strengthen your immune system, nurture the health of your vital organs, calm your nervous system, and fill you with the resonance of pure peace.

\$55 (plus tax) pre-registered

\$65 (plus tax) at the door

High Desert Yoga
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Learn more about Avery at
averykalapa.com

