

HIGH DESERT YOGA
presents



WINTER SOLSTICE
Deep Savasana & Yoga Nidra
Restorative Workshop

WITH AVERY KALAPA ERYT500

Sunday
December 17, 2017
2:00–5:00pm

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 "Yoga Sleep," a conscious journey into a long Savasana. This magical hibernation will not only help you replenish and heal from the potential frenzy of the holiday season, strengthen the immune system, nurture the health of the vital organs, and calm the nervous system, but it will fill you with the resonance of pure peace.

\$50 plus tax (53.75) pre-registered
\$55 plus tax (59.13) day of

Sign up online at highdesertyoga.com,
at High Desert Yoga, or by calling 505.232.9642.

Learn more about Avery at
averykalapa.com

Workshop will be held at
High Desert Yoga
4600 Copper Ave NE, Albuquerque

