

Sound Bath & Yoga Nidra for New Beginning

22.01.2023

book your spot: goodvibesbrussels@gmail.com
drop-in: 40€

18h00- 20h00
rue Darwin 8



We are delighted to invite you on the 21 of January 2023 to take a magical journey through a yoga Nidra practice and the healing art of sound.

We have many things to celebrate this January:

- First New Moon of 2023
- Chinese New Year of the Rabbit

The Water Rabbit Year is predicted to be a year of HOPE, PEACE and JOY!
Let the flow of sound waves guide you towards this new energy.

What is Yoga Nidra?

Yoga Nidra (sleep with trace awareness) is one of the yogic practices that fulfils the need for rest, rejuvenation and reconnection - moving from doing and thinking to being and feeling.

What is Sound Bath?

Sound Bath is an acoustic sound healing journey that relaxes the body, clears the subconscious, calms the mind, and activates your body's natural healing systems. It uses the phenomenon of the flow of sound waves through the body, thus restoring balance at all levels.

What can this do for you?

Sound vibrations promote quick relaxation and easily penetrate your tissues, bones, and nervous system, ultimately reaching all the way to your inner cells! This then enhances the healing process of total-body harmonisation.

Program:

18h00 Welcome & Tea
18h15 Yoga Time
19h00 Sound Bath
19h45 Goodbye & Surprise

Price: 40 EUR
inscriptions required: goodvibesbrussels@gmail.com

Who we are?

Ania: www.donotforcereality.com

Massage therapist at Shanti Home [Thai, Ayurvedic, Japanese Facial, Tibetan Bowls (Peter Hess method)], yoga teacher and animal flow instructor.

She loves mangos, running and mountains. Her favourite asana is pigeon.

Gosia: www.goforrest.be

Hatha Yoga and Yoga Nidra Teacher at Shanti Home, Sound Massage Therapist (Tibetan Bowls).

Dogs and colours lover; avid walker. Her favourite asana is tree - she is from the Forest neighbourhood after all.