



The Piedmont Yoga Studio is pleased to present:

PRANA FLOW & YOGA NIDRA

**Joint Openers, Energy Circles & Guided Deep Relaxation
FRIDAY 3/5, 5:30-7:30 PM**

With Nikki Jordan, RYT, CR, CYBR/YFF



The 1st half of the workshop is joint openers designed to get the prana flowing, which is critical for yoga nidra to be most deeply effective. The series will make you feel light anytime. Take home a list of these simple exercises.

The 2nd half of this workshop will be reclined, in a guided meditation of breathing through every part of your body, and in energy circles that awaken the prana fully. While many stay conscious for the entire meditation, others fall into a state of trance part way through.

The effect is a deep relaxation (Yoga Nidra) with clear energy flowing through the body.

Fee: \$35; discount offered if purchased with other workshops by Nikki through April. Student and recession rates are possible.

Contact Nikki to register: 510-289-4637,
healthyandrested@gmail.com

Nikki met Swami Shivapremananda, one of Sivananda's original nine monks, in Rishikesh at the original Sivananda ashram in 1997. Having opened the first Sivananda ashram in the US – in NYC - Swami Shivapremananda then went on to open others around the world (he resides now in Buenos Aires). Nikki and her husband were privileged to host this man for six weeks, and learned much from him.

This workshop is an extension of what she learned from him and from other Sivananda lineages, combined with her own work opening energy channels in the body. Nikki Jordan is a PYS-trained yoga teacher, IIR-certified reflexologist, and energy healer. She is one of the very few Yamuna Body Rolling and Foot Fitness® instructors in the San Francisco Bay Area.