

ISHTA YOGA

A Restorative/Yoga Nidra Workshop To Balance the Muladhara Chakra with Mona Anand

Thursday, March 10th, 6:30 – 8:30pm

*A grounding practice designed to release what lies in the subconscious and unconscious,
featuring musical accompaniment by Aya + Tyler.*

The practice will focus on balancing the Muladhara Chakra, which is the energy center that governs the way we function on this plane of consciousness - our family, occupation, money, etc. When balanced we feel grounded and relaxed and are able to move through life smoothly. When this energy center is underactive/tamasic we feel fearful and anxious, lack focus and often disconnect from our bodies. When overactive/rajasic we feel stuck and unable to bring about change in our lives.

The practice will begin with a gentle guided vinyasa and stretching to release stress in the breath and tension from muscles and joints. Participants will then recline on bolsters to the sound of soothing music, the aroma of essential oils and gentle hands on adjustments. Each restorative pose will be held for about ten to fifteen minutes. The workshop will end with a twenty to thirty minute -long yoga nidra, a meditation technique practiced in savasana to deeply relax the body and mind and integrate different levels of consciousness. The entire practice including the asanas, restorative poses, meditations and visualizations will be designed to rebalance this energy center by re-grounding and reconnecting us to the body and releasing what lies in the unconscious.



Bio: **Mona** grew up in Mumbai, India where she first started practicing yoga. She is a Yogiraj in the ISHTA lineage and teaches yoga nidra trainings and restorative trainings around the world. Mona combined her love of restorative yoga and yoga nida to create her signature Restorative/Yoga Nidra Chakra and Ayurveda Workshop Series. She has three yoga nidra recordings on iTunes. Mona lives in NYC with her husband and two daughters where she teaches classes and is a Senior Trainer in ISHTA's 500 Hour Teacher Training.



**Price: \$45 in advance
\$55 day of**

Sign-up online at www.ishtayoga.com
ISHTA Yoga | (212) 598-4800 | 56 East 11th Street, New York, NY