



Yoga Nidra For Peace at Mama Farm

with Lisa Terenzio



JUNE 22, 2024 | **PRICE:**
7:00PM-9:30PM | **\$38**

Join us for an evening of relaxing yoga under the full moon at Mama Farm on June 22, 2024 from 7-9:30PM. The evening's yoga Nidra (effortless relaxation yoga) will be practiced to the incredible, multi award-winning soundscape of Steven Chesne's Sapient - an album that weaves together ten different cultures' chants of peace & the oneness of mankind from around the world. In this practice, you will be guided into settling in to the space, setting an intention for your practice and then assisted to achieve a blissful state between sleep and waking. In this state, profound rest takes place and the subconscious mind is accessed.

"Yoga Nidra for Peace" is a practice to cultivate and create peace starting from within. When we are truly peaceful with ourselves and within ourselves, that peace radiates outwards in our relations to all other Beings, to Nature and to Life itself. When we are in touch with our inner peace, we can live from our deepest wisdom with profound ripple effects to ourselves, our families, our communities, and the world.

Participants must bring their own yoga mat, pillow and blanket. The experience will last 90-minutes, ending with a cup of Lisa's Moon Milk (a spiced beverage conducive to rest) under the full moon.

To sign up, please contact us
info@mamafarm.us



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