

# YOGA NIDRA

GUIDED DEEP RELAXATION

With Jo Moloney



**Friday 28 April**  
**7.30 - 8.30pm**  
**at YogaSol**

"Have you ever heard the term '**monkey mind**'? Monkey mind describes the constant stream of chatter in the background of our mind.

Mostly, we are unaware of the monkey swinging unchecked through the branches of our mind, until we attempt to switch off.

It is then that, instead of feeling relaxed in a spacious mind, we may feel overwhelmed - and frustrated - by a seemingly endless barrage of thoughts: to do lists; plans; ideas; and even video replays of past events.

**Jo says:**

*"I had great difficulty calming my Monkey Mind before I experienced Yoga Nidra, a guided relaxation practice based on ancient yogic techniques, enabling deep mental, physical and emotional relaxation. It truly sets my monkey mind free, that's why I love sharing it so much."*



**Join Jo for this simple, effortless practice. Book now!**

**Casual attendance \$20 or use your Class Pack or Membership.**

**No experience required. Wear comfortable clothing.**

**More Info:** [brewyoga.com.au/yoga-nidra/](http://brewyoga.com.au/yoga-nidra/)

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