Yoga Nidra

Who are you? How do you define your existence? Are you your thoughts, your physical body or the asanas you practice? Yoga Nidra, also known as “conscious deep sleep,” is a technique to induce profound relaxation and insight. In yoga nidra you withdraw your awareness from the outer world of experience (pratyahara) and turn your focus inward to explore the essence of your true nature. Yoga nidra allows you to disengage from habitual patterns of perception which often results in tension and stress related illnesses. When practiced regularly, Yoga Nidra calms the nervous system, reduces stress and anxiety, facilitates regeneration and healing, strengthens the immune system, and provides profound clarity and awareness. In this introductory session, you will be guided through a practice of yoga nidra to experience first hand the art and power of this meditative yogic practice. All are welcome, no experience is necessary.

Science and Poetry of Breath

How inspired are you? What inspires you? And moreover, how do you inspire? To be inspired means to breathe in life. Recognizing that there is more to the breath than the exchange of oxygen and carbon dioxide, in this introductory workshop on the Science and Poetry of Breath we will explore all shapes and textures of breathing. We will review the basic anatomy and physiology of breathing, discover the relationship between sound and breath, review reported benefits of particular breathing techniques, evaluate the medical/healing benefits of breathing and discover our current breathing pattern and learn new ways to breathe that promote vitality, health and peace of mind. An open mind and an ability to breathe are all that are required.

*Only a little snack or small meal is recommended before both workshops.

Dates & Times at Two Dog Yoga Studio

Introduction to Yoga Nidra
Session One
Monday, July 9th
6 PM - 8 PM
$25

Session Two
Monday, August 13th
6 PM - 8 PM
$25

Science and Poetry of Breath
Saturday, July 14th
1 PM - 4 PM
$35

Preregistration recommended. Send check to: Two Dog Yoga, 12549 28th NE Seattle WA 98125 or register and pay via PayPal on line at www.twodogyoga.com
No phone registration.

Brad Lichtenstein, ND

I am a licensed naturopathic physician living and breathing in Seattle, WA. My passion is to facilitate, in others and myself, the cultivation of insight, awareness, and mindful living through uniting body, breath, mind, and spirit. Rather than focusing on the treatment of disease or elimination of symptoms, I ask us to consider how we live, how we interact with our environment and how those choices affect our wellbeing. Currently I practice as a life coach and counselor, energetic bodyworker, biofeedback trainer, breathworker, and yoga therapist (www.pranaplay.com). For over a decade, I have been adjunct faculty at Bastyr University teaching in the psychology, philosophy, homeopathy, physical medicine, and acupuncture and oriental medicine departments. I travel throughout the US facilitating my PranaPlay workshops exploring the fluid self-expression of authentic being. My column, Consciousness and Healing can be found in the quarterly publication Unified Energetics.