



# Winter Solstice

## YOGA NIDRA

*The winter solstice is a special time of year.*

It's the point at which the northern hemisphere is farthest from the strong influence of the sun and is more exposed to the vast universe.

It's the longest night of the year and so, it's a good time to work with your dreams . . . both your sleeping dreams and your deepest desires.

Yoga nidra is a guided, multi-stage relaxation/meditation practice that takes to you that sweet spot between wakefulness and sleep. Here you can hover near the subconscious and allow your dreams to take the stage.

In this Winter Solstice Yoga Nidra event, we'll take time to:

- Write about our deepest desires and dreams
- Move the body and breathe a bit
- Then settle into the guided nidra practice for quiet inward visioning
- We'll emerge and sit in simple meditation
- Then we'll take time to discuss and write thoughts and/or action steps

*Sink into the deep wisdom of the body and let your dreams have more playtime.*

Sunday, December 20th, 4:00-6:00pm EST

Online via Zoom

<https://wintersolsticeYN.eventbrite.com>

\$20

Facilitated by Michelle Stortz

[www.MichelleStortz.com](http://www.MichelleStortz.com)

