



## **LifeForce Yoga® Nidra with Deb Lubetkin**

Yoga Nidra is an ancient Yogic practice that helps to open the mind to a greater sense of self-awareness, love, and acceptance. **LifeForce Yoga Nidra** specifically is an evidence-based treatment for Depression and Trauma. During this deeply relaxing practice, the structure of the personality begins to transform through the gentle release of deeply rooted conditioned responses. The practice of Yoga Nidra helps to dissolve patterns of emotional constriction, freeing us from obstacles accumulated over a lifetime, or in reaction to an acute trauma or loss. In this practice, each participant is invited to set a deep intention for healing, known as a Sankalpa. You are then guided through a body-sensing practice that moves through the layers of mind and body. Long-standing habits and unconscious patterns begin to be transformed in this very gentle "Yogic Sleep." This class will begin with a gentle and grounding LifeForce Yoga asana practice, followed by a 30-40 minute Yoga Nidra practice. No yoga experience is required.

**When:** Friday, March 29, 6:15-7:30pm

**Register:** [www.theyogaground.com](http://www.theyogaground.com)

**Where:** Yoga Ground, West Orange NJ

**Bring:** An eye Pillow if you have one



For more information about Deb Lubetkin visit [www.DrDeborahLubetkin.com](http://www.DrDeborahLubetkin.com) . Deb is a Licensed Psychologist (Psy.D.) in Private Practice for over 20 years. She is a Kripalu Yoga Teacher (RYT-200), Certified LifeForce Yoga Practitioner & Mentor, and a Certified Yoga Therapist (C-IAYT).