

INTRODUCTION TO YOGA NIDRA

BY ELLEN MARA DE WACHTER

**The
Dreamshare
Seer** A visualised
dreaming project



Friday 31 May, 4:30–6pm
Abbey Room
Sheppey Matters
Healthy Living Centre
Free

Please join us at this yoga nidra workshop led by writer, coach and yoga teacher Ellen Mara De Wachter. Yoga nidra, meaning 'yogic sleep' in Sanskrit, is a meditative process in which participants enter into a deeply relaxed state of consciousness, somewhere between waking and sleeping. Unlike other forms of yoga, nidra is normally practised lying down (or seated if more comfortable). During this workshop you will be invited to explore different tools and ideas for enjoying a good night's sleep, and you will be led through a short guided yoga nidra meditation to find a state of deep relaxation. Yoga mats will be provided, but feel free to bring your own mat if you have one, plus something to cover your eyes (an eye mask, rolled up T shirt or a sock). Herbal tea and fruit will be available to participants.

Book your free place:

01795 585335 • office@sheppeymatters.org.uk

This workshop is part of artist Adam Chodzko's project The Dreamshare Seer, a dream visualisation project with the Isle of Sheppey. The Dreamshare Seer is a free digital tool that uses generative AI to translate our sleeping dream descriptions into visual animations, creating a collective dream cloud.



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dreamshareseer.org
ellenmaradewachter.com/yoga