

Yin Yoga + Yoga Nidra

Immerse yourself in a 75-minute journey of tranquility and restoration. Begin with 40 minutes of gentle yin yoga in the serene embrace of an authentic Mongolian yurt, nestled by a babbling creek in the heart of a lush forest. Sink into deep stretches that target connective tissues, promoting flexibility and mindfulness. The yurt's ambiance enhances the experience, allowing you to connect with nature.

Following the yin practice, transition into a 35-minute yoga nidra session. As you lie comfortably, guided through layers of consciousness, your experienced yoga practitioner's voice will lead you to a state of profound relaxation. Yoga nidra's benefits include reduced stress, enhanced clarity, and improved sleep quality.

The synergy of yin yoga and yoga nidra in this picturesque setting will leave you rejuvenated and connected on a physical, mental, and spiritual level.