



🌙 Weekly Reset: Yoga Nidra Series

Tuesdays | 6 PM PST/ 8 PM CST/ 9 PM EST
September 9, 16, 23, 30, October 7, 14, 21, 28
Live on Zoom | \$100 for 8 weeks

Breathe. Rest. Reset.

This 8-week Yoga Nidra series offers a midweek pause to help you release stress, return to your body, and reconnect with your calm inner core.

Each 30-minute session guides you through gentle awareness, deep rest, and inner stillness—no movement or experience required. Simply lie down, listen, and receive.

✨ **No replays. Just show up and rest.**

✨ **Perfect for beginners** or anyone feeling overwhelmed or exhausted

✨ A different intention and theme each week—from grounding and clarity to self-compassion and wholeness



What You'll Need

- A quiet, comfortable space to lie down
 - A blanket or cushion for support
 - An open heart and willingness to rest
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✨ **Ready to Join Weekly Reset?**

Follow these two simple steps to complete your registration:

Sign-up is a simple two-step process:

1. Submit your payment here to reserve your spot: [PAYMENT LINK](#)
2. Complete this short form with your name and email: [FORM LINK](#)

Give yourself this weekly gift of deep rest. You don't need to fix anything. You just need to pause.