

SACRED-UNION

Yoga Nidra

Honor your Sacred Union with a date with the Divine
Yoga Nidra followed by a Ceremonial Puja

Couples Only - All Genders Welcome

This Valentine's Day, relate with your beloved in a new energetic way with the sublime practice of Yoga Nidra. Yoga Nidra is a deeply profound practice bonding you to the innermost part of your being, bringing you into harmony, stillness, peace, and oneness. Imagine you and you're beloved sharing this experience together. Letting go, genuinely sharing with one another the true sacredness of your union. Nourish, strengthen, renew your Sacred Union with intention and celebration.

What is Puja?

A Vedic ceremony of reverence recognizing and celebrating the sacredness within us through the reflection of another. Couples will perform this guided ritual to each other honoring the love that each bring to the union.



What is Yoga Nidra?

Accessible to everyone. Yoga Nidra is sleep-based meditation practiced lying down comfortably, nestled under a blanket. Composed of breath, body, and mindful exercises to effortlessly allow you to enter a state of harmonious, restful peace. The practice draws your attention inwards, allowing our body to find its natural state of equilibrium (homeostasis). As we rest here, we become aware of our genuine, unified nature-bliss, harmony, stillness, peace, and oneness.

BYOB2 (Bring your own blanket for 2)
40 min Yoga Nidra=3 Hours of sleep

No experience necessary

Close your eyes, fall in Love, stay there.

Rumi