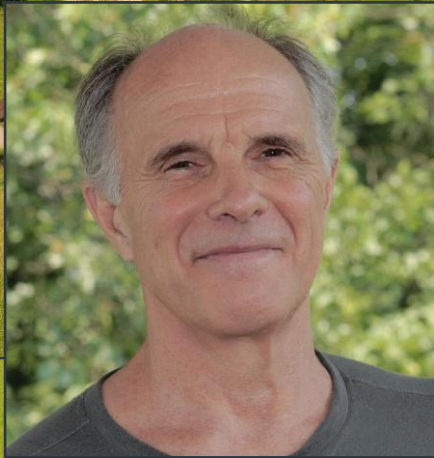


Yoga Nidra with Glenn Black in Switzerland



COURSE

Yoga Nidra

DATES

May 16-18, 2014

LOCATION

Kientalerhof Center for Creativity
Kiental, Switzerland

INSTRUCTOR

Glenn Black

COURSE COST

450 CHF (Swiss Franc)
(Accommodation is separate)

REGISTRATION / ACCOMMODATION

✉ info@kientalerhof.ch

☎ +41 33.676.26.76

🌐 www.kientalerhof.ch

📘 facebook.com/Kientalerhof.ch

Yoga Nidra is a practice which can be widely applied in the modern world to improve the quality and happiness of human life. It is a simple yet profound technique that has been used for education, meditation, deep rest and rejuvenation, and to improve psychosomatic ailments. Regular practice will induce a change in your conscious state.

Join master teacher Glenn Black for this Yoga Nidra course, designed for anyone who wants to directly experience true peace and relaxation. Our bodies and minds need respite from the onslaught of stress from present-day life. Yoga Nidra restores our innate ability to heal on deep levels.

Glenn uses intuition, innovation and creativity to guide you towards visualization and meditation. Before the actual practice of Yoga Nidra, the course begins with some Human Movement to prepare the body and mind for the spontaneous arising of the higher stages of Yoga. Although Yoga Nidra is ancient, it is applicable to our modern stress-filled world. Anyone interested in bringing peace into their lives is welcome. Some experience or understanding of Human Movement will add to the benefits offered by Yoga Nidra.

Glenn Black has studied and taught Bodywork and Yoga for over four decades. He has taught at the Omega Institute for Holistic Studies in Rhinebeck, New York since 1982. In 1987 he began a seven-year direct apprenticeship with Shmuel Tatz, the creator of BodyTuning. Glenn is considered to be a teacher of teachers.

The rejuvenating and magical atmosphere of the Kientalerhof Center for Creativity, in the lovely village of Kiental, Switzerland, offers several types of accommodations, beautifully healthy food, and an environment conducive to absorbing all you are there to learn.

Yoga Nidra is one of three courses offered by Glenn Black at Kientalerhof, bringing together studies in advanced relaxation, deep understanding of the human body, and the best ways to treat any chronic and acute condition.

Join us for one or all three of Glenn's courses:

Yoga Nidra (May 16-18; 450 CHF),

Human Movement (May 23-25; 500 CHF), and

BodyTuning (May 29-June 1; 700 CHF).

For other courses offered by Glenn Black in the U.S., please feel free to email or find us on Facebook.

Glenn Black is a Master Teacher of Movement and Hands-On Bodywork with over 40 years of teaching and practical experience.

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📘 [GlennBlack.Yoga.Bodytuning](https://facebook.com/GlennBlack.Yoga.Bodytuning)

GLENN BLACK YOGA & BODYTUNING