



NAMAH
The Journal of Integral Health

YOGA *Nidra*

in the Light of Mother's Agenda,

an online workshop organised by NAMAH,
the Journal of Integral Health with

Veronik Menanteau

on

16-20 October, 2023 at 4.00-5.30 pm IST

In this exploration into Yoga Nidra under the guidance of *the Mother* with quotations from Her Agenda, we shall practise, in a subtle way, the descent and the awakening of consciousness in the unconsciousness through Yoga Nidra.

Join us for these deeply relaxing,
therapeutic and transformative sessions.

<i>Session 1</i>	Calm the Mind
<i>Session 2</i>	Breathing
<i>Session 3</i>	Purify the Mind
<i>Session 4</i>	The Intuitive Mind
<i>Session 5</i>	The Divine in the Inconscient

Veronik Menanteau



is a contemporary visual artist. For more than three decades, she has been in the living experience of sadhana, listening daily to the audio of **Mother's Agenda**, capturing and inspiring her for effective practice on physical, mental vital and emotional levels. A decade ago, she went through a Near Death Experience, that helped her enter a higher level of consciousness. Since then, she has been developing the practice of **Yoga Nidra**, implementing different aspects of the Mother's teachings in her sessions.

REGISTRATION DETAILS

INDIA : Rs. 2,250 - <https://rzp.io/l/322p3fG>

Overseas: US \$ 35

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