

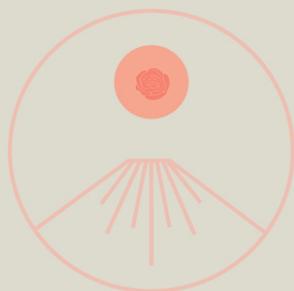
A DEEP DESCENT INTO THE EYE OF THE HEART  
A YOGA NIDRA JOURNEY BY TINA

# A 6 WEEK ONLINE IMMERSION TO RECONNECT TO YOUR HIGHER SELF VIA THE PRACTICE OF YOGA NIDRA



Tina has been studying, teaching & practicing Yoga Nidra for almost a decade. In this 6 week immersion, she will share the science of Yoga Nidra, plus her insights from her personal practice. You will experience both traditional & intuitively guided Yoga Nidra sessions.

19 APRIL - 29 MAY 2026



---

## WHO IS THIS FOR

Ideal for those who wish to commit to a practice of regularly relaxation & or for those who feel disconnected or want to deepen their connection to their Higher Self.

Also ideal for those wanting to deepen their knowledge & experience of Yoga Nidra.

Suitable for all, including those who have never practiced Yoga Nidra before. Please note that the 20-30min Yoga Nidra practices are traditionally done lying down.

## DATES

Sunday April 19th - 29th May 2026 (6 weeks)

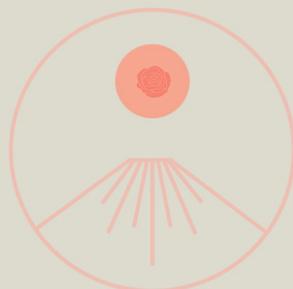
Each week Tina will host 2 x 80min online live sessions.

The live sessions will be scheduled based on the majority of the participants availability.

All recordings will be available approx 2hrs after live session with lifetime access.

## WHAT'S INCLUDED

-  12 x live 80min sessions - 2 per week  
Sessions include 20mins of theory & 60mins prep & practice
-  Lifetime access to all recorded live sessions  
Includes theory notes & practice details for easy future reference
-  1 x 60min individual session with Tina  
Scheduled in the final 2 weeks, to review progress, provide individual guidance & answer any additional questions
-  1 x cotton eye cover \$444



---

# THE 6 WEEK IMMERSION SCHEDULE

## WEEK 1



### SESSION 1

**THEORY - HISTORY & YOGA NIDRA GENERAL  
PRACTICE - TRADITIONAL**



### SESSION 2

**THEORY - HEALTHY BREATHING & PRACTICAL INFO  
PRACTICE - TRADITIONAL**

## WEEK 2



### SESSION 1

**THEORY - THE BIGGER CONTEXT  
PRACTICE - TRADITIONAL**



### SESSION 2

**THEORY - BRAINWAVES  
PRACTICE - TRADITIONAL**

## WEEK 3



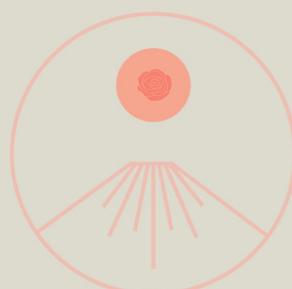
### SESSION 1

**THEORY - STATES OF CONSCIOUSNESS  
PRACTICE - TRADITIONAL**



### SESSION 2

**THEORY - TRAVELLING FROM THE MIND TO THE EYE OF THE HEART  
PRACTICE - INTUITIVE**



---

# THE 6 WEEK IMMERSION SCHEDULE

## WEEK 4

 **SESSION 1**  
**THEORY - TO BE INTUITED**  
**PRACTICE - INTUITIVE**

 **SESSION 2**  
**THEORY - TO BE INTUITED**  
**PRACTICE - INTUITIVE**

## WEEK 5

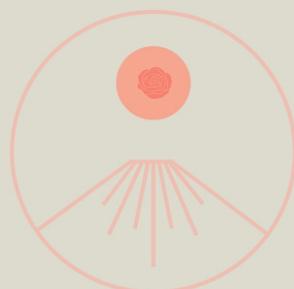
 **SESSION 1**  
**THEORY - TO BE INTUITED**  
**PRACTICE - INTUITIVE**

 **SESSION 2**  
**THEORY - TO BE INTUITED**  
**PRACTICE - INTUITIVE**

## WEEK 6

 **SESSION 1**  
**THEORY - TO BE INTUITED**  
**PRACTICE - INTUITIVE**

 **SESSION 2**  
**THEORY - TO BE INTUITED**  
**PRACTICE - INTUITIVE**



## Frequently Asked Questions

### What if I can't attend the live sessions each week?

No worries at all, simply enjoy the immersion at your own pace. The immersion sessions are over a 6 week period, however you can take 6 months or even a lifetime to complete!

### What is Yoga Nidra?

Tina will be covering the specifics in detail during the immersion. The simplified short version is Yoga Nidra is a deeply relaxing guided practice done lying down on your back.

### What if I can't comfortably lie down on my back?

Simply find any comfortable position on your side or seated.

### How long are the Yoga Nidra practices for & do I need to practice everyday?

During the immersion the practices will generally be 20-30mins duration. No - however the more consistent your practice, the deeper the benefits you will receive.

### I have other questions

Feel free to call or email Tina anytime - 0488 766 508  
[tinastephens@live.com.au](mailto:tinastephens@live.com.au)

