

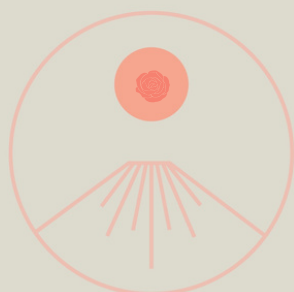
A DEEP DESCENT INTO THE EYE OF THE HEART
A YOGA NIDRA JOURNEY BY TINA

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 - 31 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 - 31st May 2026 (6 weeks)

Each week Tina will host 1 x 80min online live session.

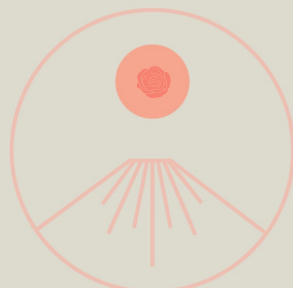
The live sessions will be scheduled based on the majority of the participants availability.

All recordings will be available approx 3hrs after live session with lifetime access provided.

WHAT'S INCLUDED

-  6 x live 80min sessions - 1 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**

WEEK 2



SESSION 2

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

WEEK 3



SESSION 3

**THEORY - BRAINWAVES + STATES OF CONSCIOUSNESS
PRACTICE - INTUITIVE**

WEEK 4



SESSION 4

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

WEEK 5



SESSION 5

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

WEEK 6



SESSION 6

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



Frequently Asked Questions

What if I can't attend the live session 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 you do not have to practice each day, 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

