



Uma Dinsmore-Tuli: Nidra Shakti & Yoni Shakti as Source Power



A yoga therapist with special expertise in yoga therapy for women's health, Uma is a mother of three, and has written four books on yoga for women, including the massive Yoni Shakti now in its second printing. You are invited to participate in this unique style of yoga, explore your own being and discover how to recharge by being still.

TOP EMBODIMENT TIP: Rest. To restore our rhythmic cycles it is required that we listen to the body, and to listen we sometimes need to stop doing.

What Does it Mean:

- Nidra means rest or sleep.
- Yoni is the source power
- Yoga Nidra is sometimes called the yoga of sleep

Rest: **The act of resting is quite radical in itself.**

- In this practice you are invited to come home to yourself.
- Re-adjust things in your life to make sure there's always time to rest; make it a top priority.
- If that doesn't seem feasible, 1% makes all the difference.
- Everything about this practice brings us back to source, the source of all of life's power is the Earth herself.

Resources

- ❖ **Books:** A full catalog of Uma's books are available on her website.
- ❖ **Courses:** A full list of courses and other activities are available on Uma's website.
- ❖ **Website:** <https://umadinsmoretuli.com/>
- ❖ **Social:** @umadinsmoretuli, Facebook: <https://www.facebook.com/UmaDinsmoreTuliPhD>



Uma Dinsmore-Tuli





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Steven Hoskinson is Founder and Chief Compassion Officer of Organic Intelligence®. For twenty-five years he has trained and mentored therapists and others at the intersection of trauma, embodiment and social responsibility. Organic Intelligence offers courses in its fully developed systems framework, including with CEs for professional post-graduate level training in trauma.

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