

# Yin Pjarma Party

**Slip into your cosiest pjs and join us for a soul-soothing evening of Yin Yoga, deep rest, and heartfelt connection.**

**We'll begin with a 45-minute Yin Yoga class, allowing the body to gently release and unwind. From here, we'll drop into stillness with a deeply restful Yoga Nidra meditation—a guided journey into the space between sleep and wakefulness.**

**Afterwards, we'll gather in circle wrapped in blankets, sip warm homemade chai, and simply connect—no rush, no pressure, just real moments of calm, presence, and community.**

- \* Wear your favourite pjarmas**
- \* A warm blanket or shawl**
- \* A mug for chai**
- \* Any creature comforts (socks, hot water bottle, eye pillow)**

**This night is all about nourishment, stillness, and sweet connection—a winter ritual to fill your cup and soothe your nervous system.**

**Limited spaces – bookings essential.**