



Yoga Nidra: A Meditative Practice for Deep Relaxation and Healing

Richard Miller

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You've experienced it before: it's early morning, and you're just waking. The night before you were confused-but now you know what to do. According to renowned teacher Richard Miller, you've just taken your first step in the world of Yoga Nidra. For centuries, yoga masters have evolved a systematic method for harnessing our natural wisdom that many of us only chance upon in deep rest. Now with Yoga Nidra, Miller shares a practical seven-step program that draws on these ancient teachings to help us all learn how to experience spiritual awakening and profound well-being through deep relaxation.



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Jean Cunningham:

Playing with family in the park, coming to see the coastal world or hanging out with pals is thing that usually you might have done when you have spare time, and then why you don't try issue that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Yoga Nidra: A Meditative Practice for Deep Relaxation and Healing, you could enjoy both. It is very good combination right, you still want to miss it? What kind of hangout type is it? Oh occur its mind hangout men. What? Still don't understand it, oh come on its referred to as reading friends.

Gregory Polster:

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