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Discovery of Your Self -

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AM Yoga Nidra: A

Guided Meditation

Experience Led by Liam

Gillen *FALL ASLEEP*

WITH YOGA NIDRA

:Guided Meditation for

Deep Relaxation that

Can Help You Fall

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~~Asleep Pure Blissful
Relaxation and Stress
Relief / Yoga Nidra
Meditation / Mindful
Movement~~ YOGA

NIDRA for Deep
Relaxation and Healing |
with Dorothy Ratusny

Yoga Nidra For Sleep -
Powerful Guided
Meditation to Fall

Asleep Fast #yoganidra
#sleep *Yoga Nidra 20*

Minute Guided

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*Meditation Chakra
Healing \u0026amp; Yoga
Nidra Guided Sleep
Meditation for Profound
Deep Healing Sleep*

YOGA NIDRA A
GUIDED

MEDITATION with
rain sounds for sleep
and relaxation

?Yoga Nidra- Deep Rest
and Relaxation? *Yoga
Nidra Guided*

Meditation **Yoga Nidra**
Page 6/76

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Guided Meditation

**STRAIGHT TO DEEP
SLEEP** a guided sleep
meditation to help you
fall into a deep restful
healing sleep *Yoga Nidra*
Guided Meditation for
Healing HEAL while
you SLEEP ? Deep
Body Healing Manifest,
Cell Repair \u0026 Pain
Relief Healing Sleep
Meditation

Get Back to Sleep

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Yoga Nidra
Guided Deep
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Guided Meditation, A
spoken sleep meditation
for deep sleep **Let Go of
Thoughts of Worry to
Relax / Sleep**

**Meditation / Mindful
Movement Evening
Ritual to Close Your
Day / Sleep Meditation /
Mindful Movement
Sleep Music Delta
Waves: Relaxing Music
to Help you Sleep, Deep
Sleep, Inner Peace Sleep**

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Talk Down Guided

Meditation: Fall Asleep

Faster with Sleep Music

\u0026 Spoken Word

Hypnosis Guided Sleep

Meditation for Insomnia

(Sleep, Relaxation,

Calm your Mind)

BLISSFUL SLEEP

(with MUSIC) Guided

sleep meditation for

deep sleep and

relaxation ~~FALL~~

~~ASLEEP WITH~~

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~~BEAUTIFUL NIDRA a
guided SLEEP
meditation for deep
healing sleep Yoga
Nidra Gratitude // 35~~

~~Minutes with Ally
Boothroyd Yoga Nidra
For Sleep: Entering The
Heart Space (Guided
Sleep Meditation) 45
min Yoga Nidra
Meditation for Deep
Body Relaxation | Yoga
with Melissa 506~~

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Yoga Nidra with
Madhavi (Molly
Birkholm) ~~Yoga Nidra
Guided Meditation~~ 35
~~Minutes with Ally
Boothroyd~~ 20min Yoga
Nidra | deep relaxation |
meditation series *DEEP
SLEEP EXPERIENCE
GUIDED SLEEP
MEDITATION for
calming peaceful fast
sleep, relaxation*

Experience Yoga

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Nidra Guided Deep

Experience Yoga Nidra:
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Janakananda:

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Nidra: Guided deep

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life. Two genuine deep

relaxation methods from

the Nyasa Tantra.

Guided by Swami

Janakananda. All you

have to do is lie down

still, close your eyes and

follow the instructions.

Bindu Publishers, 2012:

REMASTERED ISBN:

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9789197789424 Time:

78 min. Language:

English

Relaxation

Experience Yoga

Nidra | Haa

**International Retreat
Center**

Yoga Nidra, also known as yogic sleep guides you into a state of consciousness between wakefulness and sleeping. The "going-to-

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sleep" stage is typically induced by a guided meditation known as Yoga Nidra. The experience guides you into a deep brain-wave state—one that can't be reached through conventional sleep.

**Yoga Nidra For Deep
Relaxation | Nicole
Windle, Insight Timer**

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Yoga Nidra experience
takes you down into an
even deeper brain-wave
state—one that can't be
reached through
conventional sleep. In
this fourth state of
consciousness, below
delta, your brain is
thoughtless. This state is
sort of like a complete
loss of consciousness,
but you are awake.

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Yoga Nidra for Sleep | The Benefits of Guided Yoga Nidra ...

The Little Yoga Nidra
to the sounds of Mother
Earth. Composed and
guided by Swami
Janakananda. 20.23 min

2. Travel through the
Space of Experience
Music, composed and
played on a Swara-
Mandala harp by Roop
Verma. 12.28 min 3.

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Discover Your Self The
deep Yoga Nidra,
adapted and guided by
Swami Janakananda, to
the music of Roop
Verma. 45.05 min

Experience Yoga Nidra – Guided deep relaxation (English, CD)

Experience Yoga Nidra:
Guided Deep
Relaxation: Saraswati,

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Swami Janakananda:
Amazon.sg: Books

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Nidra: Guided Deep
Relaxation: Saraswati**

...

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Janakananda Saraswati
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of Conscious Deep

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Jnaneshvara Bharati

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Relaxation:
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Yoga Nidra
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Saraswati:

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Nidra: Guided deep

relaxation: Swami ...

This Yoga Nidra is a guided meditation designed to bring you to a state of complete and total relaxation of the body and mind. A 20

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Yoga Nidra
minute yoga nidra
session...
Guided Deep

Relaxation
Yoga Nidra: Total
Deep Relaxation -
YouTube

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Guided Deep Relaxation

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by Swami Janakananda
Saraswati (CD-Audio,
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...

Discover Your Self the
deep Yoga Nidra,
guided by Swami

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Janakananda, to the
music of Roop Verma.

45.05 About Swami

Janakananda Saraswati

Swami Janakananda

Saraswati is a tantric
yoga and meditation
teacher and a writer,

who has had a

significant influence in
the dissemination of

yoga and meditation in

Scandinavia and

Northern Europe.

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Yoga Nidra

**Experience Yoga
Nidra : Guided Deep
Relaxation**

(Remastered)

All the organs and senses of the body are rested in a way that sleep seldom provides. Thus the senses are sharpened and you feel invigorated afterwards. During Yoga Nidra the relaxation is

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Yoga Nidra
Guided Deep
Relaxation
Remastered

constantly deepened while you follow the instructions and devote yourself to the experience. The body starts to relax and the mind follows.

Experience Yoga Nidra: Guided Deep Relaxation

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Experience Yoga Nidra

- Guided Deep

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Relaxation (with Roop
Verma) [Remastered]
Swami Janakananda
New Age · 2012

Preview SONG TIME

Introduction to
Experience Yoga Nidra.
1. 9:00 PREVIEW The
Wholeness of Your
Nature - The Little
Yoga Nidra ...

**?Experience Yoga
Nidra - Guided Deep**

Page 30/76

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Relaxation (with Roop

...**Guided Deep**

Check out Yoga

Experience: 111 Music

for True Rest, Deep

Sleep, Guided

Meditations, Nature

Sounds for Yoga Nidra

& Relaxation by Deep

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Page 31/76

Read Free
Experience
Yoga Nidra
Amazon.co.uk.
Guided Deep
Relaxation

Develop a powerful practice of deep relaxation and transformative self-inquiry with this essential guide to yoga nidra, accompanied by downloadable audio meditations. Yoga nidra is a practice devoted to

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allowing your body and mind to rest while your consciousness remains awake and aware, creating the opportunity for you to tap into a deeper understanding of yourself and your true nature. At its heart, yoga nidra is about waking up to the fullness of your life. In *Radiant Rest*, Tracee Stanley draws on over twenty years of

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Yoga Nidra
Guided Deep
Relaxation
Remastered

experience as a yoga
nidra teacher and
practitioner to introduce
the history of yoga
nidra, mind and body
relaxation, and the
surprising power of rest
in our daily lives. This
accessible guide shares
six essential practices
arranged around the
koshas, the five subtle
layers of the body: the
physical, energetic,

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Yoga Nidra, and
bliss bodies. It also
offers shorter, accessible
practices for people
pressed for time. Each
practice is explained
through step-by-step
instructions and ends
with self-inquiry
prompts. A set of guided
audio meditations
provide further
instruction. Feel a
greater sense of

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Yoga Nidra
Guided Deep
Relaxation
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stability, peace, and clarity in all aspects of your life as you deepen your yoga nidra practice and discover its true power.

Yoga Nidra is the master key to initiating shifts in conscious sleep states where change happens outside of doing. In Yoga Nidra you enter a state of non-

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doing in which
transformation happens
from beyond the mind
rather than through the
mind. In this highly
regenerative meditative
state you can restore and
rejuvenate your body,
heal and recover from
illness and re-wire your
brain for greater mental
and emotional balance
and resiliency. This
comprehensive

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guidebook explores the core of Yogic philosophy and modern applications of Yoga Nidra backed by scientific research - affirming what Yogis have known for thousands of years. You will receive instruction on the practice of Yoga Nidra and the use of intention. You will discover how

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Yoga Nidra
unconscious thinking
patterns and resulting
biochemical states
contribute to ill health,
stress, insomnia,
depression, anxiety, bad
habits, trauma and
addictions and most
importantly, how to
neutralize them with the
Six Tools of Yoga
Nidra.

These Yoga Nidra deep
Page 39/76

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relaxation meditation
scripts are ideal if you'd
like to read them to a
family member who
didn't sleep well and
doesn't feel well-rested,
if you want to treat a
loved one to some deep
relaxation after a
stressful day at work, if
you'd like to help a
special someone
manifest an
intention/their longing

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or lessen their anxiety,
or simply if you want to
provide a boost of
energy to someone
who's about to tackle
their day. Depending on
how much time you
have available, choose
the 30 minute, 40
minute, 50 minute or 60
minute script. The term
yoga is most commonly
used for physical
disciplines, but it also

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includes mental disciplines. Yoga Nidra promotes a yogic sleep and effortless, deep rest and relaxation that isn't necessarily the focus in your standard meditation practice.

Yoga Nidra allows you to experience a day-dream state of consciousness between wakefulness and sleep, by following the

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reader's voice and
instructions in these
guided meditations.

Your entire body, mind
and nervous system will
gently get guided to a
coherent state of deep
relaxation, as your brain-
wave activity will lower
to alpha, delta and/or
theta brain frequencies.

Anyone treated to this
Yoga Nidra deep
relaxation session

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Yoga Nidra
Guided Deep
Relaxation
should come out of it
feeling relaxed and well-
rested, at peace and
rejuvenated to master

their day. THESE ARE
4 SCRIPTS ONLY.

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One of the most enjoyable parts of a yoga class comes when we rest in savasana—the

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"corpse" pose—and realize deep serenity, a sense of effortless joy, and a glimpse into our true nature as unqualified presence.

How is this so? Master teacher Richard Miller explains that this experience is a manifestation of yoga nidra, the meditative state of mind-body union at the heart of all

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Yoga practice. A powerful integration of book and CD audio learning, Yoga Nidra is an ancient tantric yoga path that leads to inner freedom. Through accessible language appropriate for any level of practice, Miller takes us step-by-step through the traditional techniques of relaxation and meditation to help

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us move toward the realization of "unqualified presence"—the ultimate aim of yoga—a goal unreachable through posture practice alone. Through his expert guidance, students will experience: Deep relaxation for relief from day-to-day stress The development of "one-pointedness"—a

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Yoga Nidra
a key to spiritual
awakening Healing
from painful emotions,
such as fear, grief, and
anger More effective
and energizing sleep,
and much more Suitable
for both beginners and
advanced
practitioners—but new to
most Westerners—Yoga
Nidra provides an
unmatched way to
experience the

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culmination of the art of yoga, and the deeper physical, emotional, and spiritual rewards that are its promise.

When Anni Matthews was diagnosed with cancer, she decided to do something really valuable with the experience: she produced a book that is a friendly companion

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Yoga Nidra
Guided Deep
Relaxation
Remastered

for those who must face the disease. Of huge practical help to anyone diagnosed with cancer and those who care for them, this book is a one-stop guide to making sense and use of the orthodox treatments, complementary therapies, and psychological, spiritual and holistic options available. Subjects

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ranging from the most current major advances in treatments and diagnosis to the small but effective ways of relieving the side-effects are explained clearly and concisely, often with humour and always with warmth. Written by a bright, articulate woman, who was determined to have an informed say in what

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happened to her, Anni's
Cancer Companion
marks a new generation
of books about cancer. It
is that rare thing: a
reference book that is
human.

What if you could
reboot your health, tap
into your creative self,
reclaim your wild
nature, lead from your
heart—and still feel well

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Yoga? As modern
rested? As modern
women, we're taught
that we can do it all,
have it all, and be it all.

While this freedom is
beautiful, it's also
exhausting. Being a
"worn-out woman" is
now so common that we
think feeling tired all the
time is normal.

According to Karen
Brody, feeling this
exhausted is not

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Yoga Nidra—normal—and it's holding us back. In *Daring to Rest*, Brody comes to the rescue with a 40-day program to help you reclaim rest and access your most powerful, authentic self through yoga nidra, a meditative practice that guides you into one of the deepest states of relaxation imaginable. It's time to lie down and begin the

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journey to waking up
Though it comes from
the yogic tradition, yoga
nidra doesn't look like a
typical yoga class—the
entire practice is done
lying down. As you
listen to a guided
meditation, you're
gently taken into
complete inner stillness,
effortlessly releasing
into a healing state that
works on both cellular

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and subtle body levels.
With Daring to Rest,
Brody presents a
comprehensive yoga
nidra program that
unfolds in three phases:
rest for physical
exhaustion, release for
mental and emotional
exhaustion, and rise for
tuning in to the “life
purpose exhaustion”
that can come when
we’re not in our full

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power. Each phase includes a downloadable yoga nidra guided meditation and supportive practices.

“By directly accessing your subconscious mind, yoga nidra helps shift the long-held patterns that prevent you from stepping fully into your purpose and power,” writes Brody.

“Now is the time to

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break the cycle of fatigue and return to your truest self—the woman you are when you're not constantly exhausted.”

Following the successful first book, *Yoga Nidra Scripts 2* is another powerful book of meditations for yoga teachers, healers, and anyone wanting to share

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Yoga Nidra
or read guided
meditation. Featuring an
inspiring array of 22
meditations, from short
Yoga Nidra scripts to
full-length
visualizations. All in
inclusive, inviting
language, rich with
positive affirmations
and deep relaxation
techniques for stress
management. Enjoy
Yoga Nidra meditations

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Yoga: Comfort Abundance

Tension Release

Guided Deep
Magical Mornings

Relaxation
Restful Nights

Confidence Creativity

Restored
Ayurvedic Doshas And

More This Yoga Nidra

book also includes

suggested yoga poses,

mudras, mantras and

breathing - everything

you need for profound

Yoga Nidra experiences.

"Compassionately

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written and a wonderful
work of art... I had
feelings of
enlightenment even
reading the words." -

Liz Burkitt, Yoga
Teacher & Holistic
Health Coach "An
excellent second serving
of Tamara's first Yoga
Nidra book... a huge
menu of delicious
scripts for my yoga
students who are hungry

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Yoga Nidra and
meditation." - Erin
O'Neill, Yoga Teacher
(RYT 500) "A game
changer... each script is
thoughtfully written
with a theme, structure,
even well-placed
pauses. A must-have in
my reference library." -
Rosemarie Williams,
Yoga Teacher, Certified
Aromatherapist "Love
it. The cadence is

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poetic... it's simple to follow... reassuring language. It's the perfect tool." - Jane

MacPherson Bsc Kin.,
Reiki Master Tamara
Verma has been
teaching Yoga for 20
years, with experience
as a Yoga Teacher
Trainer for one of
India's most prominent
yoga schools, and Co-
Director of a yoga

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school and studio. This is her second Yoga Nidra book of meditations.

Remastered

Discover the energizing and healing benefits of yoga nidra with this empowering beginner's guide. Yoga nidra, or yogic sleep, is a deeply restorative and nourishing practice.

With no need for

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Yoga Nidra
Guided Deep
Relaxation
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physical movement, it enables you to rediscover a naturally restful and meditative state that frees you from the stress of everyday life. This ancient and sacred form of yoga is accessible and adaptable. Experts Uma Dinsmore-Tuli and Nirmala Tuli draw on decades of teaching experience to show you

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how you can easily
integrate yoga nidra into
your life for sleep-filled
nights and energized
days. You'll learn: ·

how to enter the state of
yogic sleep · tips and
hints to memorize the
practice so you can take
it with you wherever
you go · the tools to
create a sequence that's
perfect for you · about
inspiring real-life case

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Yoga Nidra
studies from yoga nidra
practitioners By
Guided Deep
Relaxation
following the practices
in this book and
listening to over 20
specially created audio
resources to support
your journey, you'll
soon experience a sense
of peace, vitality,
wellbeing and
reconnection to the
cycles that nourish all of
life.

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"Encyclopedia of World Religions" explores the major religions of the world, emphasizing the living faiths and their background. Each illustrated volume provides access to the theological concepts, personalities, historical events, institutions, and movements that helped shape the history of

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each religion and the
way it is practiced.

The nurturing, practical
guide to finding rest and
calm – even when it
feels impossible 'The
ideal gift to yourself - or
for anyone who needs to
feel less stressed.' - Viv
Groskop 'A gem of a
book' – Bo Forbes
Here's a radical idea:
You deserve rest.

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Packed with advice, exercises and support from one of the UK's leading restorative yoga teachers, **Rest + Calm** is your gentle, wise guide to making space and time to come back home to yourself. Do you find it hard to give yourself permission to pause? This book will show you how – whether you only have time for three

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breaths or a five minute rescue posture, or can practise for half an hour.

You'll reap the rewards in sounder sleep, happier relationships, better boundaries and improved resilience.

The first part of the book, REST, offers simple, profound, nourishing restorative yoga poses and sequences. The second

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part, CALM, gives practical tips and techniques for intentional living day-to-day, and emotional rescue for when it feels like you have no time. From the most restorative savasana you've ever experienced, to the benefits of a Switch-Off Sunday, there is something here for even

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the busiest and most stressed amongst us, and for all levels of yoga ability. Think of this book as your 'rest toolkit', to dip into whenever you need it. Rest + Calm is designed to be the comforting friend - and the supportive hug - we all need.

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Relaxation Remastered