

Experience Yoga Nidra: Guided Deep Relaxation By Swami Janakananda Saraswati

By Swami Janakananda Saraswati

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<http://www.beingontosomething.org/yoga-nidra-2/>

Experience Yoga Nidra Audio Book. The CD contains two genuine relaxation methods. Swami Janakananda guides you into a deep relaxation of Guided Deep Relaxation

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<http://www.retreat.no/Yoga-Shop/CD-s/Yoga-Nidra-CD-tape>

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Swami Janakananda Saraswati is the author of Experience Yoga Nidra 0 reviews, published 1996), Yoga, Tantra and Meditation Swami Janakananda Saraswati s

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He is also a teacher of the deep relaxation Yoga Nidra technique. Experience Yoga Nidra - Guided deep relaxations on CD by Swami Janakananda ISBN 91-630-9488-6;

http://en.wikipedia.org/wiki/Swami_Janakananda

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namely the tantric yoga tradition. Swami Janakananda guided meditation and relaxation tapes and CD's, including the deep relaxation "Experience Yoga Nidra

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