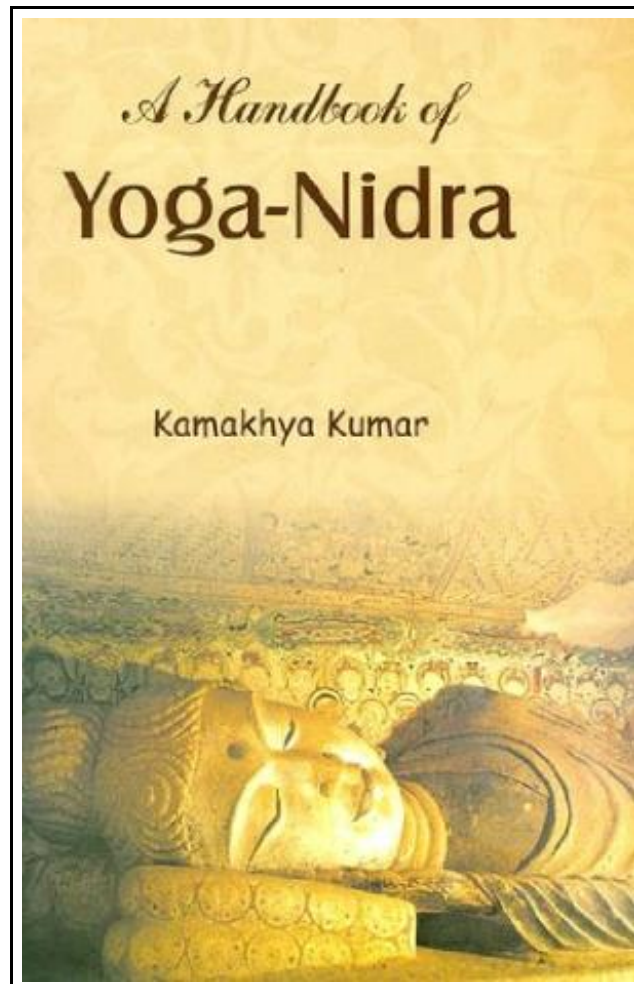


A Handbook of Yoga Nidra



Filesize: 7.83 MB

Reviews

*Completely among the finest ebook We have at any time read through. it was actually writtern really properly and helpful. You are going to like just how the writer compose this publication.
(Mr. Deangelo Considine)*

A HANDBOOK OF YOGA NIDRA



To get **A Handbook of Yoga Nidra** eBook, make sure you access the hyperlink below and download the document or gain access to other information which are have conjunction with A HANDBOOK OF YOGA NIDRA ebook.

D.K. Printworld (P) Ltd., New Delhi, India, 2013. Softcover. Book Condition: New. First Edition. The psychological crisis of this age is one of the severest challenges that human race has ever faced. Mental imbalances and their manifestations in the form of psychosomatic diseases pose serious health threat. To address this challenge, Indian yogis have found a wonderful relaxation technique yoga-nidra. They were fully aware that the inner tensions or imbalances of an individual can be best dealt with inner peace. The yogic texts unequivocally emphasize that peace can only be found within. This volume deals with varied aspects of yoga-nidra and delves deep into its relationship with the stages of sleep, dream and samadhi. It highlights the topic in such a way that among the numerous relaxation therapies, yoga-nidra is the best to induce complete physical, mental and emotional relaxation. It peels off the subliminal sheath of conscious mind that covers the inner core of the unconscious mind. Yoga-nidra is a state between sleep and samadhi, a half-sleep, a half-waking state. It removes fluctuations from all planes of mind. It helps insomniacs by stimulating sleep. This title underlines the regular usage of yoga-nidra in treating pain, neurosis and even disability. It also provides the practical utility of yoga-nidra with lots of evidences on the basis of experimental studies. Their references are well mentioned into it, which will help the scholars in their further studies and research. This book should benefit the patients of insomnia, psychiatrists and all those who want to dwell in the bosom of mental peace, and those who are determined to experience the higher levels of meditation. Printed Pages: 160. Size: 15 x 23 Cm.



[Read A Handbook of Yoga Nidra Online](#)



[Download PDF A Handbook of Yoga Nidra](#)

Related Books



[PDF] Pickles To Pittsburgh: Cloudy with a Chance of Meatballs 2

Access the web link under to download "Pickles To Pittsburgh: Cloudy with a Chance of Meatballs 2" PDF document.

[Read PDF »](#)



[PDF] Cloudy With a Chance of Meatballs

Access the web link under to download "Cloudy With a Chance of Meatballs" PDF document.

[Read PDF »](#)



[PDF] Count Leopold s Badtime, Bedtime, Children s Rhymes Vol II: A Collection of Children s Rhymes with Anti-Bullying Themes

Access the web link under to download "Count Leopold s Badtime, Bedtime, Children s Rhymes Vol II: A Collection of Children s Rhymes with Anti-Bullying Themes" PDF document.

[Read PDF »](#)



[PDF] The Right Kind of Pride: A Chronicle of Character, Caregiving and Community

Access the web link under to download "The Right Kind of Pride: A Chronicle of Character, Caregiving and Community" PDF document.

[Read PDF »](#)



[PDF] Do This! Not That!: The Ultimate Handbook of Counterintuitive Parenting

Access the web link under to download "Do This! Not That!: The Ultimate Handbook of Counterintuitive Parenting" PDF document.

[Read PDF »](#)



[PDF] The Wolf Watchers: A Story of Survival (Born Free Wildlife Books)

Access the web link under to download "The Wolf Watchers: A Story of Survival (Born Free Wildlife Books)" PDF document.

[Read PDF »](#)