

Yoga Nidra For Pregnancy

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This Yoga Nidra is designed for pregnant women to help release mental, physical and emotional tension. It will also help you bond with your unborn child. It is 24 minutes long. Swami Shantimurti Saraswati has over 35 years experience in the science of yoga. He was initiated into sannyasa in 1976 by Satyananda Paramahansa from Bihar School of Yoga, India. He has trained sannyasins, yoga teachers and students plus established city and rural yoga centres throughout Australia, New Zealand and Fiji. He is currently senior teacher at Ashram Yoga, Auckland, and travels throughout New Zealand and overseas conducting courses on yogic sciences and techniques.

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