

Healing Relaxation Yoga Nidra

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This Yoga Nidra is a combination of yogic relaxation and yogic healing. It is specifically designed to assist people with the healing process. When the body is challenged by illness, guided relaxation can be very helpful in restoring balance. This Yoga Nidra is 40 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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