

# Yoga Nidra 5

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Yoga Nidra 5 is an excellent general purpose Yoga Nidra. The systematic process of guided yogic relaxation helps to release stress and tension on all levels of your being. This Yoga Nidra is 45 minutes long. Created in 2011. 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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