

Yoga Nidra 1.1

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This Yoga Nidra is for general use. It is progressively guides you to deeper states of relaxation. It is 23 minutes long. This is track 1 from the original CD. Swami Bhaktimurti Saraswati was initiated into Sannyasa in 1976 by Paramahansa Satyananda from Rikhia, India. She dedicated most of her life to learning, investigating and sharing esoteric teachings. Inspired by ancient teachings and requests from her students she made these Yoga Nidra recordings.

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