



## **YOGA NIDRA CD DESCRIPTIONS**

“Yoga Nidra” literally means “Yogic Sleep”. It is an ancient form of meditation that takes you to the deepest levels of relaxation while still remaining fully aware. Addressing the root of all problems physical, mental, and energetic, it alleviates the cause of stress and awakens your inner healer. It frees you from old patterns and reconnects you to the source of your own power, changing your consciousness and your life to align with your highest truth.

### **YOGA NIDRA CD ONE**

Track 1: Gentle Meditative Yoga Postures (15 mins)

Track 2: Yoga Nidra Experience (30 mins)

- Palming
- Bubblebee Breath
- Third Eye Integration
- So Hum Breath
- 61 point
- Opposites
- Affirmations

### **YOGA NIDRA CD TWO**

Yoga Nidra Longer Experience (55 mins)

- Palming
- Complete Yogic Breath
- Sheetali Breath
- Third Eye
- Body Scan
- Heavy-Light
- Gesture
- Images
- Visualization for Healing
- Intention
- Affirmations for Body, Mind, Spirit
- Calling Forth Guides
- Integration

## **YOGA NIDRA CD THREE**

Track 1: Yoga Nidra Experience 1: (30 mins)

- Palming
- Bumblebee Breath
- So Hum Breath
- Counted Breath
- Heavy-Light
- Gesture
- Intention
- Integration

Track 2: Yoga Nidra Experience 2: (25 mins)

- Tension-Release
- 61 Point Body Scan
- Sheetali Breath
- Cold-Heat
- Images
- Affirmations
- Accessing Guides
- Gesture
- Integration

Track 3: Yoga Nidra Experience 3: (15 mins.)

- Complete Breath
- Opposites
- Intention
- Gesture
- Integration

**For more information about educational workshops and trainings contact:**

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**Bhumi also has several CD's of guided yoga posture sequences:**

- \*Yoga Live
- \* Chakra Yoga
- \*Gentle Yoga for Menstruation
- \*Balancing Yoga for Menopause