

Daring to Rest Yoga Nidra Meditation Program: A 40-Day Journey to Break the Cycle of Fatigue and Restore Vitality, Purpose, and Power



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Most of these ebook is the ideal pdf readily available. it was actually writtern quite flawlessly and valuable. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Prof. Jordy Kihn)

DARING TO REST YOGA NIDRA MEDITATION PROGRAM: A 40-DAY JOURNEY TO BREAK THE CYCLE OF FATIGUE AND RESTORE VITALITY, PURPOSE, AND POWER



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SOUNDS TRUE INC, United States, 2018. CD-Audio. Condition: New. Language: English . Brand New. When women are denied the rest they need--whether from social pressures and obligations, wanting to do too much in too little time, or a deeply rooted sense of guilt--they are cut off from the true source of their power. In her debut book *Daring to Rest*, Karen Brody came to the rescue of worn-out women everywhere with a transformative program for reclaiming rest through yoga nidra, the art of conscious relaxation. This new release presents her groundbreaking 40-day program in audio form, complete with teachings, practices, and guided meditations.

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