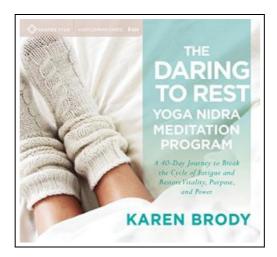
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DARING TO REST YOGA NIDRA MEDITATION PROGRAM: A 40-DAY JOURNEY TO BREAK THE CYCLE OF FATIGUE AND RESTORE VITALITY, PURPOSE, AND POWER



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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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