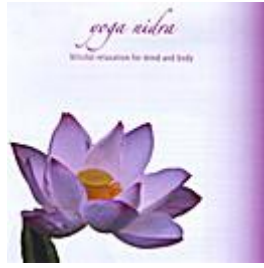# Yoga Nidra (mp3 Album)

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experience total relaxation of mind, body and spirit - spoken meditation/relaxation with music composed especially to match the properties of relaxing essential oils. Highly recommended for stress release and increasing personal wellbeing and satisfaction 2 MP3 Songs in this album (60:54) ! Related styles: NEW AGE: Relaxation, NEW AGE: Yoga Details: Yoga Nidra - blissful relaxation for mind and body Yoga Nidra is a profound experience of peace for mind and body. It is time out to relax and just be. Keeping yourself relaxed can add so much joy and happiness to your life. Learning to let go of negative thoughts and feelings has a very positive effect on the body. You will experience peace naturally, reaching your ultimate goal of complete stillness in mind and body 'Yoga Nidra - blissful relaxation for mind and body contains a fifteen minute guided relaxation designed for busy people, plus an extended forty minute relaxation for those wising to go deeper. You will become more aware of your breath and learn to gain control of your breathing. Controlled breathing enables the mind and body to release stress, anxiety, tension and tiredness, leaving you feeling calm and energised. Releasing tension in your mind and body brings positivity and good health. It is in this level that healing in the body takes place. The music on the CD has been specially composed to encapsulate the properties of unique aromatic essences that have a particular relaxing effect on both mind and body, greatly enhancing the overall effect of the Yoga Nidra relaxation. Yoga Nidra is devised and spoken by Dana Gifford, yoga teacher with extensivee xperiencein practising and teaching yoga to individuals, health clubs, high schools and corporations. Music by Vicki Hansen, musician and composer, co-founder of renowned world music group IndiaJiva, with several albums currently on national and international release.

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