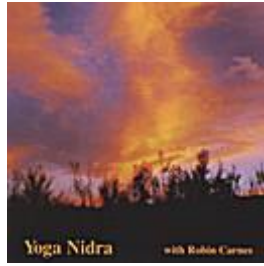


# Mp3 Robin Carnes - Yoga Nidra



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Yoga nidra: powerful relaxation that heals and transforms 3 MP3 Songs in this album (71:33) ! Related styles: NEW AGE: Relaxation, NEW AGE: Healing Details: Yoga Nidra is an ancient, powerful form of guided meditation that induces healing of the body, mind and spirit. Regular practice of Yoga Nidra is a healthy, life-supporting habit that rests, restores and renews. Offering the opportunity to effortlessly process and release years of accumulated tensions, Yoga Nidra can help address chronic pain, depression, PTSD, anxiety and other conditions. Yoga Nidra is as accessible and beneficial for experienced meditators as it is to those completely new to meditation practice. To practice Yoga Nidra, simply lie down or sit in a comfortable supported position and respond to the instructions without strain. There is nothing to force or accomplish and everything happens by itself! About Robin Robin Carnes has presented numerous workshops around the country at venues such as the Washington National Cathedral and Omega Institute. Now working primarily as a psycho-spiritual teacher, Robin was trained and certified in positive psychology coaching by Dr. Martin Seligman, widely considered to be the founder of this burgeoning field. Since 2006, Robin has had the privilege of introducing yoga and yoga nidra to servicemembers in an innovative multi-disciplinary program for military personnel suffering from Post Traumatic Stress Disorder. Robin is delighted to find that most servicemembers are enthusiastic practitioners of yoga nidra because they find it helps them find quiet inside, sleep better, feel less anxious, angry and distracted by their symptoms. Robin is happily married and lives in Silver Spring, MD. She is the proud grandmother of Skyler Johnson Reid, who contributes enormously to her happiness.

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