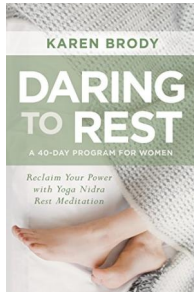


Daring to Rest: Reclaim Your Power with Yoga Nidra Rest Meditation (Paperback)



Book Review

Totally among the best publication I actually have actually go through. It can be filled with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Glen Ernsler)

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