



# Yoga Nidra: The Art of Relaxation

*Richard Miller*

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## **Yoga Nidra: The Art of Relaxation** Richard Miller

Yoga nidra is the state of the mind-body union, effortless union, and deep attunement at the heart of all yoga practice. In this guided exploration, Richard Miller takes you step-by-step through the traditional techniques of yoga nidra to help move you toward "unqualified presence". Suitable for both beginners and advanced practitioners, these meditations serve as an essential complement to yoga postures for those seeking the deepest physical, emotional and spiritual rewards of the yogic path.

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