’ doubt last year half stressful us reasons seems though ’ starting settle back semblance normal whatever means big stressors emotions well still much present lot ways fears anxieties almost hard let go living long locked world None us want stressed course seems many us finding letting go relaxing really really challenging ’ almost though default emotional system body set high alert ’ afraid lower feel-good levels MUCH ’ read thrilled share excerpt Tracee Stanley ’ book Radiant Rest Yoga Nidra Deep Relaxation Awakened Clarity Tracee noted lineaged teacher yoga nidra meditation self-inquiry practices inspired tradition Himalayan Masters Sri Vidya Tantra initiated 2001 co-founder Empowered Wisdom Yoga Nidra School created Empowered Life Self-Inquiry Oracle Deck Tracee travels internationally leading retreats teacher training presenting festivals conferences including Oprah Gayle ’ Girls Get Away online classes available Commune Yoga Journal Unplug Meditation Pranamaya Wanderlust TV information go site Credit Anastasia Chomlack new book Radiant Rest must-read interested self-development inquiry book Tracee guides readers beyond technique yoga nidra depths order experience deep relaxation awaken power offers bedtime wake-up rituals along insights obstacles many us relaxation factors play part blocking us birthright deep rest spiritual awakening ’ incredible read excerpt book Tracee sharing ’ hard us relax ways heal practical tips find ease — best — finally get radiant rest One first things became aware began practice share deep relaxation ’ difficult us “ let go. ” Yoga teachers often give instruction without slightest consideration received class full people varied life experiences possible traumas least life stressful time create type tension requires commanding “ let go ” relax