’ doubt last year half stress us reason seem though ’ start settl back semblanc normal whatev mean big stressor emot well still much present lot way fear anxieti almost hard let go live long lock world none us want stress cours seem mani us find let go relax realli realli challeng ’ almost though default emot system bodi set high alert ’ afraid lower feel-good level much ’ read thrill share excerpt trace stanley ’ book radiant rest yoga nidra deep relax awaken clariti trace note lineag teacher yoga nidra medit self-inquiri practic inspir tradit himalayan master sri vidya tantra initi 2001 co-found empow wisdom yoga nidra school creat empow life self-inquiri oracl deck trace travel intern lead retreat teacher train present festiv confer includ oprah gayl ’ girl get away onlin class avail commun yoga journal unplug medit pranamaya wanderlust tv inform go site credit anastasia chomlack new book radiant rest must-read interest self-develop inquiri book trace guid reader beyond techniqu yoga nidra depth order experi deep relax awaken power offer bedtim wake-up ritual along insight obstacl mani us relax factor play part block us birthright deep rest spiritu awaken ’ incred read excerpt book trace share ’ hard us relax way heal practic tip find eas — best — final get radiant rest one first thing becam awar began practic share deep relax ’ difficult us “ let go ” yoga teacher often give instruct without slightest consider receiv class full peopl vari life experi possibl trauma least life stress time creat type tension requir command “ let go ” relax