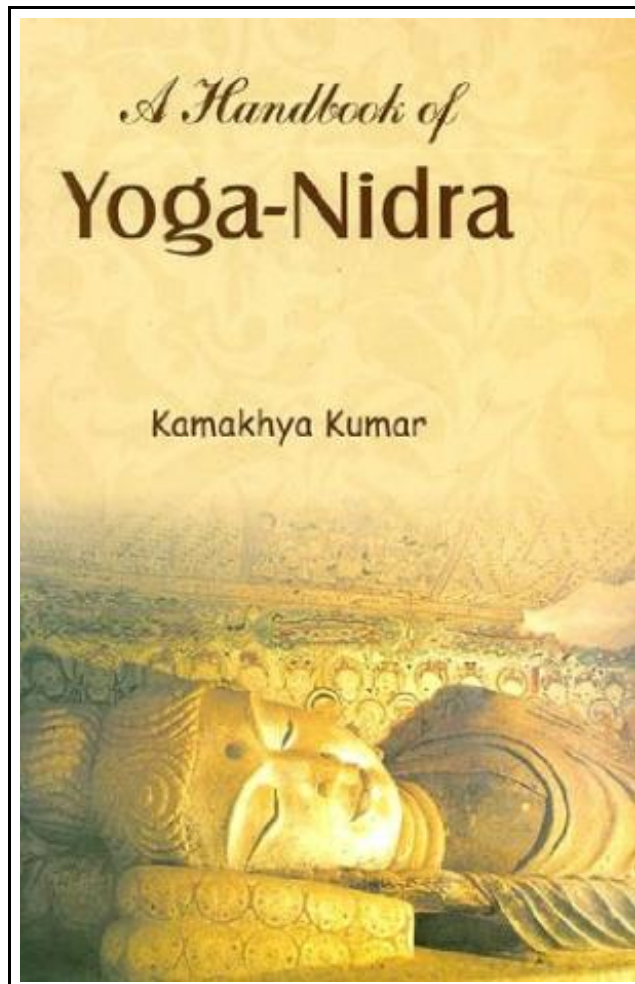


## A Handbook of Yoga Nidra



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*This type of publication is every thing and helped me seeking ahead and much more. It usually fails to charge too much. It is extremely difficult to leave it before concluding, once you begin to read the book.*

*(Juliet Mertz)*

## A HANDBOOK OF YOGA NIDRA



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