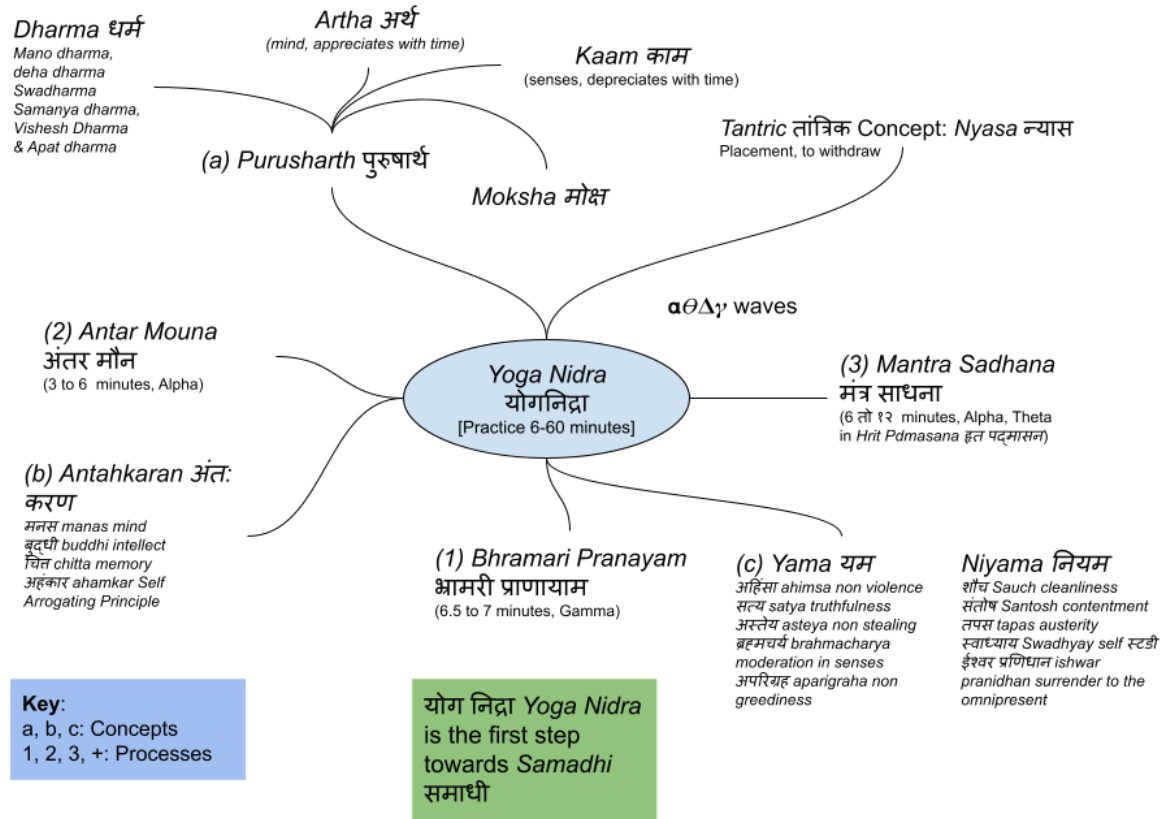


# Yoga Nidra course

by Shrimath - Krishna Prakash



## References

- Level 3 Instructions  
<https://drive.google.com/drive/folders/10Ey-tKKH31bMUvhNkqH2-JxAF90KFzHY>
- Course playlist  
[https://www.youtube.com/playlist?list=PLaWmRNFUNHqioAcCnDOV4g\\_XwdRnYJ5MK](https://www.youtube.com/playlist?list=PLaWmRNFUNHqioAcCnDOV4g_XwdRnYJ5MK)
- Tapping Grace through Yoga Nidra <https://www.youtube.com/watch?v=4UpYtET2Xes>
- Tapping GRACE through Yoga Nidra 13 (the process)  
<https://www.youtube.com/watch?v=dAtdWNUPLXw>
- Tapping Grace, what & how? <https://www.youtube.com/watch?v=lx8rjaGRHUM>
- Building Immunity <https://www.youtube.com/watch?v=tEVglVMmpx4>
- An introduction to Yoga Nidra (IDY 2022)  
<https://www.youtube.com/watch?v=vnKJIT2nuYw>
- Master Class on Antar Mouna Level 1 <https://www.youtube.com/watch?v=5E0Sw-sAv48>

- Antar Mouna Swami Niranjanananda Saraswati  
<https://www.youtube.com/watch?v=CGnQsLatdDU>
- Antar Mouna: Becoming Established In Inner Silence (Advanced)  
<https://www.youtube.com/watch?v=fBTY5SyQBgl>
- World Meditation Day (21 May 2024) <https://www.youtube.com/watch?v=fWgHCMPFKfk>
- Leela Life I knowledge sharing series I Yoga Nidra I For Self awareness  
<https://www.youtube.com/watch?v=CZlun7624YQ>