



Yogesh Haribhau Kulkarni • You

AI Coach (Machine Learning, Natural Language Proces...

now • 🌐

Wish to share a wonderful yogic practice that have started recently and wish to continue as I am seeing true benefits -  
Yoganidra 🌈

Also wish to share some info about it, via  
my Medium story <https://lnkd.in/dd9cikGS>

In this quick read, I'm breaking down the magic of Yoga Nidra—  
think of it like a superhero power nap for your mind! 🧘‍♂️ ✨ It's  
simple, fun, and perfect for combating stress and finding inner  
peace.

Feel free to share with friends and colleagues who could use a  
little calm in their lives! 🧘‍♂️ ✨

#yoga #yogesh #coach #YogaNidra #Mindfulness #InnerPeace  
#WellnessJourney #health



# Yoganidra: A Deep Sleep Without Sleeping

medium.com • 1 min read