

Yoga Nidra Meditation: Chakra Theory & Visualization By Jonn Mumford

By Jonn Mumford

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Mumford had been recommended to me as an authority on both subjects. Shavasana can be performed on the floor as a meditation, but if your goal is to fall asleep, Visualize it in your mind's eye as best as you can and simultaneously feel the Either you will fall asleep, or you will enter a state known as Yoga Nidra.

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