

Yoga Nidra Meditation: Chakra Theory & Visualization By Jonn Mumford

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Jasmine riddle (author of yoga nidra meditation)

Jasmine Riddle is the author of *Yoga Nidra Meditation* (5.00 avg rating, 2 ratings, 0 reviews, published 2008)

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that it is an open secret that yoga nidra is a type of deep meditation. M. Nihra and S.K. Dwivedi Chakra; Nadi; Hinduism: Three Yogas: Karma yoga; Bhakti yoga;

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