

# YOGA NIDRA

## Therapeutic Deep Relaxation

<i>Track</i>	<i>Time</i>
1. Introduction .....	2:44
2. Preparation .....	1:09
3. Relaxing the Physical Body .....	14:57
4. Breathing Relaxation .....	9:30
5. Integration of Opposite Sensations .....	5:30
6. Visualization .....	4:00
7. Completion .....	2:57