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## Advanced Yoga Relaxations: As Taught by the Himalayan Institute (Paperback)

By Rolf Sovik

Himalayan Institute Press, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book. In this CD Rolf Sovik presents three advanced relaxation and breathing methods designed for yoga students and those interested in holistic methods of relaxation and meditation. The CD also comes with easy-to-follow instructions and an illustrated booklet. Each method is practised in the corpse pose and is preceded by a brief introduction. These advanced practices help to master progressive awareness throughout the body making the mind more focused and one-pointed. The 31-Points Exercise establishes a steady focus at points in the upper half of the body reducing the mind's tendency to wander. The 61-Points Exercise traverses the entire body and quiets the body nervous system and the mind. The 75 Breath Exercise is among the most refined relaxation techniques in yoga. It refines awareness of the breath and brings a sense of the deep connection between mind and body. It is one of the techniques used in yogic sleep (yoga nidra). (cdxy, cdxh).



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