

**Yoga Nidra Meditation: Chakra Theory & Visualization**  
**By Jonn Mumford**

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as well as yoga and meditation studios. Richard. Yoga Nidra: The Theory and Practice of Yoga Nidra,

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

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