

# ANN ARBOR YOGA & MEDITATION ANN ARBOR YOGA & MEDITATION

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## YOGA NIDRA DEEP RELAXATION

## ANTAR MOUNA INNER SILENCE MEDITATION

with Ema Stefanova, Yoga Master



## YOGA NIDRA DEEP RELAXATION CD TRACK 1

**Y**oga Nidra is a systematic way of attaining complete physical, mental and emotional relaxation. It has been taught in tradition as a prerequisite for meditation. The resolve, the **sankalpa**, in Yoga Nidra is said to be like a boon we are asking from nature. In yoga we say, "It is bound to be fulfilled." Therefore, choose one with great care.

*For best results, practice while lying on the floor, and be sure to allow your resolve, the **sankalpa**, to arise spontaneously.*

## ANTAR MOUNA INNER SILENCE MEDITATION CD TRACK 2

**A**ntar Mouna is a traditional **Atantric** meditation that can be practiced in any place and at any time, even while fully engaged with others. This meditation allows the practitioner to quiet and befriend their mind, thus experiencing inner peace.

*As a beginner, for best results, the meditation should be practiced in a peaceful environment, seated in a still & relaxed position.*

*These authentic higher Satyananda Style practices have been recorded by Ema in the manner taught by her spiritual teacher, **guru**.*