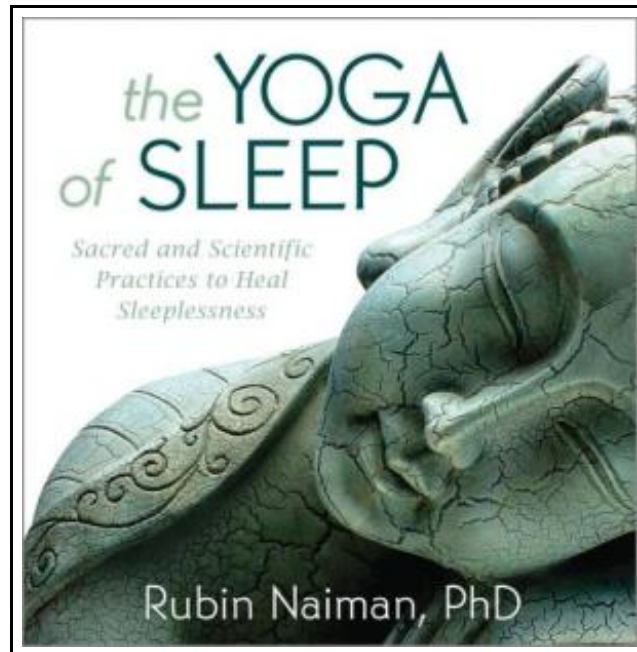


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THE YOGA OF SLEEP: SACRED AND SCIENTIFIC PRACTICES TO HEAL SLEEPLESSNESS



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SOUNDS TRUE INC, United States, 2010. CD-Audio. Book Condition: New. 142 x 132 mm. Language: English . Brand New. We re in the midst of an epidemic of sleeplessness, with half of adults struggling with insomnia and a host of health risks associated with inadequate rest and sleep. Yet we re all aware of the benefits of good sleep, from vibrant health to better productivity to happier relationships, and more. On *The Yoga of Sleep*, Dr. Rubin Naiman integrates effective sleep science with time-honored sacred perspectives to help us reclaim the full potential of our nightly journeys. This practical two-CD course begins with a discussion of "the lost art of sleep," examining common disorders and how to promote natural, healthy sleep. Dr. Naiman shares techniques for managing agitated minds, letting go at day s end, optimizing your "sleep setting" (or environment), and more. We then join him for five guided practices including - Rituals and rhythms-a contemplation on the essential elements of healthy sleep- A mindful surrender to sleep-meditation, relaxation, and hypnotic techniques for a smooth transition to sleep - Coming to-the sacred art of awakeningDr. Andrew Weil has called his colleague Dr. Naiman a true pioneer in integrative sleep and dream medicine. On *The Yoga of Sleep*, Dr. Naiman invites us to open the "gracious gift" each night presents and return to the deep serenity that lives at our core.

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