

YOGA NIDRA (c)

C. Norman Shealy, M.D., Ph.D.

There seem to be more varieties of yoga than the arms Shiva!

Iyengar	Ashtanga
Raja	Power
Jivamuki	Christian
Bikram-Hot Yoga	Sivananda
Hatha	Integral, etc, etc

My friend Julie Lusk sent me a few months ago her CD on Yoga Nidra along with the book on Yoga Nidra. Needless to say, the book just convinced me how important the CD is! I have personally done a variety of yogic exercises for many years and one of my favorite books is THE YOGA SUTRAS OF PATANJALI, the foundation for Raja Yoga. I have also done scores of relaxation exercises and my favorite for many years has been autogenic training, which is not only relaxing but self regulating. I have hundreds of CD's including guided imagery and a great deal of outstanding music. Despite my experience, Julie's Yoga Nidra provides the deepest relaxation I can imagine. If you have not yet conquered the art of relaxation, I strongly recommend this CD ASAP!

Real Relaxation: Yoga Nidra CD by [Julie Lusk](#)

This CD takes you into a deeply relaxing and powerful state of being fully aware while being in the state of deep sleep. It's many benefits include:

- Listening for 1 hour equals 4 hours sleep
- Improves immunity
- Increases heart health
- Relieves stress
- Brings inner peace and balance

[Wholesome Resources](#) for Julie's schedules, books, CDs and other cool stuff

[Mind Body Help](#) for her blog of practical stress relief tools and more

Follow her on:

Twitter: <http://twitter.com/JulieLusk>

Facebook: <http://facebook.com/julie.lusk1>

Linkedin: <http://www.linkedin.com/in/julielusk>

C. Norm Shealy, MD, PhD, is a neurosurgeon and co-founder of the AHMA. He's the inventor of TENS unit (electrical stimulation for pain reduction), is author of 23 books, 10 patents and the founder and president of Holos University. Learn more at [NormShealy.com](#)

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