

Yoga Nidra Meditations: 24 Scripts for True Relaxation by Julie Lusk

Audio Contributor's List

Audio Contributors (Alpha order)	Yoga Nidra Meditation	Biography with Website
Amy Weintraub	Lifting Depression and Energy with LifeForce Yoga Nidra	Amy Weintraub, MFA, E-RYT-500, YACEP, C-IAYT , is the founder of LifeForce Yoga and a pioneer in the field of Yoga and mental health. She is the author of <i>Yoga for Depression</i> (Broadway Books) and <i>Yoga Skills for Therapists</i> (W.W. Norton) and numerous articles, book chapters, and online audio-video practices. Visit: AmyWeintraub.com
Jennifer Reis	Healing Chakra Chorus (Divine Sleep Yoga Nidra)	Jennifer Reis, E-RYT-500, C-IAYT , Kripalu Schools of Yoga and Integrative Yoga Therapy faculty, creates sacred space for students to journey into realms of deep peace and healing. An authentic and spirited leader, Jennifer has been teaching for more than twenty-two years and is the creator of Divine Sleep Yoga Nidra and Five Element Yoga. Her CD, <i>Divine Sleep Yoga Nidra</i> , is the best-selling CD in the Kripalu Shop. Visit: JenniferReisYoga.com
Julie Lusk	<ul style="list-style-type: none"> • Heartfelt Yoga Nidra Meditation with MindBody Sensing • Yoga Nidra for Genuine Freedom • Tender Time Yoga Nidra • Chair Yoga Nidra • Yoga Nidra for Restoring and Maintaining Health and Well-Being • Yoga Nidra for Kids and the Young at Heart • Yoga Nidra for Men's Health • Sleep Well with Yoga Nidra • Yoga Nidra 1 2 3 • Drop into Yoga Nidra Quickly • Into Awareness Now • Yoga Nidra R&R 2.33 (Cultivate the Positive – Pratipaksha Bhavana) • BREATHE for Yoga Nidra 	Julie Lusk, M.Ed., E-RYT-500, C-IAYT, NCC , has over 40 years of expertise in yoga, relaxation training, guided imagery, meditation, stress relief, and wellness as an international author, recording artist, workshop leader, and trainer. Julie is the author of the upcoming book, <i>Yoga Nidra Meditations: 24 Scripts for True Relaxation</i> . Her five prior books include <i>Yoga Nidra for Complete Relaxation and Stress Relief</i> , <i>Yoga Meditations</i> , two volumes of <i>30 Scripts for Relaxation, Imagery, and Inner Healing</i> , and <i>Desktop Yoga®</i> . Her recordings include <i>Yoga Nidra Essentials</i> , <i>Wholesome Relaxation</i> , <i>Power of Presence</i> , <i>Blue Moon Rising</i> , and many others. The retreats, trainings, and seminars she presents are relaxing, reflective, and revitalizing. Her volunteer work has benefitted thousands. Julie is talented in bringing the best out in others through her depth of knowledge, natural lightheartedness, and caring nature. Visit: JulieLusk.com

<p>Kamini Desai</p>	<p>I AM Yoga Nidra for Health and Healing</p>	<p>Kamini Desai, PhD is the author of <i>Yoga Nidra: The Art of Transformational Sleep</i>, and developer of the <i>I AM Yoga Nidra</i> app. She is the executive director of the Amrit Yoga Institute and an internationally recognized educator and developer of I AM Yoga Nidra immersions and professional trainings. Visit: KaminiDesai.com and amrityoga.org</p>
<p>Karen Brody</p>	<p>Welcoming Your Well-Rested Woman: A Daring to Rest Yoga Nidra</p>	<p>Karen Brody is a mother and the founder of Daring to Rest, whose mission is to create a world of well-rested people. Using her Yoga Nidra framework, the Daring to Rest method is particularly focused on training women in Yoga Nidra meditation and supporting women to personally use Yoga Nidra to reclaim their power. Visit: Karen’s website at daringtoforest.com</p>
<p>Robin Carnes</p>	<p>A Beginning iRest Yoga Nidra Script for Active-Duty Service Members, Veterans, Families, Health Care Providers, and Support Staff</p>	<p>Robin Carnes is a leader in bringing evidence-based Yoga and meditation practice into mainstream settings such as the Department of Defense, VA, and universities. From 2006-2012, Robin was a Yoga and meditation instructor for a DOD acute PTSD program at Walter Reed Medical Center. She cofounded Warriors at Ease, which has trained over one-thousand Yoga teachers to work safely and effectively in military communities. Featured in the Washington Post, Woman’s Day Magazine, Huffington Post, and Army Magazine, as well as the award-winning documentary, <i>Escape Fire: The Fight to Rescue American Healthcare</i>. Robin was honored by the Smithsonian Institution for her pioneering work. Visit: RobinCarnes.com and WarriorsatEase.org</p>
<p>Rose Kress</p>	<p>Calm Frazzled Nerves, Anxiety, and Ease Exhaustion with LifeForce Yoga Nidra</p>	<p>Rose Kress, E-RYT-500, C-IAYT, is the owner and director of the LifeForce Yoga Healing Institute. She is a long-time Yoga practitioner, Yoga therapist, and trauma survivor. Through LifeForce Yoga, she found relief from anxiety and trauma. Rose is the creator of the popular Best Practices webinar series and has numerous Yoga Nidra recordings and videos. She travels internationally to lead the LifeForce Yoga Practitioner Training. Visit: YogaforDepression.com</p>

<p>Sri Swami Satchidananda</p>	<p>Guided Relaxation with Sri Swami Satchidananda</p>	<p>Sri Swami Satchidananda is one of the most beloved Yoga masters of our time. The founder of Integral Yoga International, he shared his vast practical wisdom and spiritual insight with seekers worldwide. His message of peace—within and without—and harmony among all faiths is more relevant today than ever. Visit: SwamiSatchidananda.org and IntegralYoga.org</p>
<p>Stephanie Lopez</p>	<p>iRest Yoga Nidra Meditation for Chronic Pain Relief</p>	<p>Stephanie Lopez, LISW-S, C-IAYT is senior director & senior iRest trainer for the iRest Institute. Stephanie’s teachings are informed by over twenty-five years of immersion in the non-dual teachings of Yoga. She bridges Eastern wisdom with Western psychology to support transformation. Stephanie leads retreats and trainings internationally with a focus on living an authentic and awakened life. Visit: StephanieLopez.org</p>
<p>Swami Shankardev Saraswati</p>	<p>Bihar Yoga Nidra Intermediate Chakra Visualization</p>	<p>Swami Shankardev Saraswati MD is a Western medical doctor, Yoga Acharya (Master of Yoga), Yoga therapist, author, and teacher. He lived and trained for ten years with Swami Satyananda at the Bihar School of Yoga from 1974 to 1985. He now teaches online, including courses on Yoga Nidra. Visit: BigShakti.com.</p>
<p>Uma Dinsmore-Tuli</p>	<p>Total Yoga Nidra</p>	<p>Uma Dinsmore-Tuli PhD is a mother, Yoga therapist, teacher-trainer and retreat leader. Her knowledgeable yet intimate approach has made her one of Europe’s most sought-after teachers. Her PhD is in communications and her diploma in Yoga therapy is from the Yoga Biomedical Trust. Uma is cofounder of the Yoga Nidra Network and has developed Total Yoga Nidra and Nidra Shakti. She has special expertise in women’s health and Yoga Nidra. She lives in Stroud, UK. Visit: YogaNidraNetwork.org</p>
<p>Viviana Collazo</p>	<p>Yoga Nidra: Conquer Stress for Teen Empowerment</p>	<p>Viviana Collazo, PhD E-RYT-500, CPYT. is dedicated to the holistic field as a Yoga and meditation teacher, energy balancing facilitator and spiritual counselor in Florida. Founder and director of the Luminous Holistic Center, she conducts teacher certification trainings in Yoga, Prenatal Yoga, Reiki and meditation, and offers seminars in Ayurveda, Vedic philosophy and dharma studies. Viviana is an ordained minister and earned a doctorate degree from the Alliance of Divine Love International Ministry. Viviana is the mother of two teens and loves spending time with her family. She is a lifelong student and cultivates a playful approach to life by painting and singing.</p>

