



I'm not a robot

































Thank you for joining me today for this short Start your day in a calm state. Take a break from a difficult situation. Or take time for yourself to settle from your day before you go ... Have you ever had the feeling that you are lost in your head? Or like your head is in the clouds? Or as if you are disconnected ... Take a pause from your events of daily life to take care of yourself so that you can tap into your own personal resources and be ... What would it be like to surrender through your whole body? In tonight's sleep Now is your time to relax and experience deep energetic replenishment. This special yoga nidra If you are feeling stressed, this practice can be just what you need to experience inner peace and joy. It is also a great way to help ... To skip intro : 0:29 This is a gently active Find freedom from your thoughts tonight as you drift off to sleep with this yoga nidra Spiraling, overthinking, worrying "it happens. Just 2 weeks of Headspace reduces anxiety. Try it for free ...