



I'm not a robot

































Tonight I am inviting you to a slow sensory Alex Howard offers a soothing and relaxing five-minute Let go of the day and ease into stillness with this 3-hour Vagus Calm your nervous system and prepare for deep, healing sleep with this guided somatic 5 Minute Yoga Nidra - Rapid Deep Rest Come sit with meâ€”let's slow down, sleep better, and feel more like ourselves. My courses ( 20 Minute Yoga Nidra for Deep Rest with 30 Minute Yoga Nidra for Deep Rest - Online Yoga Nidra Teacher Training: All My Links:Â ... The following practice is a 15 minute guided