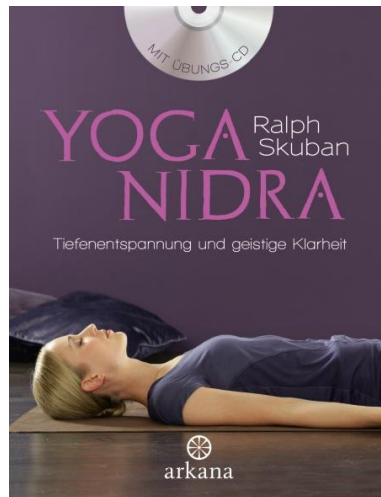


## The path to deep relaxation and mental clarity



Dr. Ralph Skuban  
**Yoga Nidra**  
[Yoga Nidra ]  
Deep relaxation and mental clarity

Arkana HC  
144 pages  
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with CD

**Ralph Skuban** is a political scientist and book author. For more than two decades, he has led a facility for those suffering from dementia. For many years he has been studying the philosophy and the mysticism of the East. His ideas and research are enriched by his own intensive practice.

Yoga Nidra is one of the most powerful instruments of the diverse methods of Yoga. It calms the mind, uplifts emotions, and brings clarity to our lives. This yoga brings on intensive relaxation through an intentionally induced sleep-like state – and it is easy to achieve.

Yoga Nidra consists of four methods, all done in a lying position: the body scan; breathing exercises for cleansing; breathing exercises for activating the energy centres; and relaxing the heart centre.

Ralph Skuban knows the deep effects of Yoga Nidra from his own experience. Perceptively and convincingly, he presents the methods, describes the background, and facilitates the exercises through the accompanying CD. Pure, clear, simple, and deep.

A facilitated journey of relaxation through the body and the personal energy centres. Regularly practiced, Yoga Nidra is the perfect burnout prevention.

**Also available:**

Patanjalis Yogasutra [Patanjali's Yoga Sutras], 2011