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## Yoga Nidra D Deep Relaxation

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¥<iCEäÿ™ %oí@<®\$É™ ‡œ©æóí tat param puruæa-khyâter guña-vaitëæñyam tat = this param= ultimate, highest, purest puruæa = pure awareness khyâteï= clear seeing guña = fundamental qualities of nature vaitëæñyam= without wanting or attachment when the ultimate level of non-reaction has been reached, pure awareness can clearly see itself as **principle and methods - icyer** - yogic practices yoga is a science of right living, and as such, it is intended to be incorporated in daily life. it works on all aspects of the person.  
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