

The Daring To Rest Yoga Nidra Meditation Program A 40 Day Journey To Break The Cycle Of Fatigue And Restore Vitality Purpose And Power

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Daring to Rest Reclaim Your Power with Yoga Nidra Rest

November 30th, 2018 - Karen Brody is a women's well being and leadership expert who helps women journey from worn out to well rested and then dream big in their work and lives A certified yoga nidra instructor she is the founder of Daring to Rest, a yoga nidra based self empowerment program for women

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