



Stress is the biggest epidemic we face today. Eighty-five percent of all disease is stress-related. Heart attacks, diabetes, insomnia, depression, and anxiety are only surface symptoms—effects. The cause is hidden in the unconscious, difficult to recognize and even harder to release.

Yoga Nidra is an ancient Tantric technique that uses breath and focus on the third eye to take you to the Zero Stress Zone where you can erase the hidden cause of stress, not only in the physical, but also in the mental and emotional bodies. Ordinary relaxation techniques aim to release symptoms that appear on the surface as effects. Treat the effects and the cause continues to take new forms. Treat the cause, and all symptoms (effects) begin to erode.

In Zero Stress you dismantle your pre-programmed past, answer your prayers, and actualize intentions and frees you from self-destructive, rigid habits and behaviors that destroy your love life, family life and business life.

Yoga Nidra can be a powerful extension to services provided by yoga teachers, therapists, counselors and holistic health practitioners.

Access alpha-theta brainwave state and release mood-elevating brain chemicals Boost your immune system, accelerate healing and prevent premature aging Eliminate anxiety depression and induce restful sleep without harmful side effects Awaken the dormant wisdom hidden within the innermost core of your being.