



▶ YOGANIDRA BOOK IS FOR THE PEACE FOR YOUR LIFE, IT IS THE ONLY ENCYCLOPEDIA FOR LEADING YOUR LIFE.....1



▶ INSTRUMENTAL SCIENTIFIC MUSIC & THE SELF HYPNOTIC INSTRUCTIONS FOR YOUR BODY MIND & SOUL TO RELEAF STRESS TENSION AND ANXIETY.....2



▶ TARO CARD THE PATH FINDER AND NAVIGATOR OF LIFE AND FURUR FORTUNES.....2

○ Book

○ CD ROM

○ Tarot Deck

# Yoganidra focus

ADDRESSING THE NEEDS OF INDIVIDUAL WELLNES & HAPY LIFE WITH PLANTING THE SEEDS FOR A SUCCESS FUTURE & PEACE OF LIFE. TREASURED SLICES FROM LIFE AND LIVING

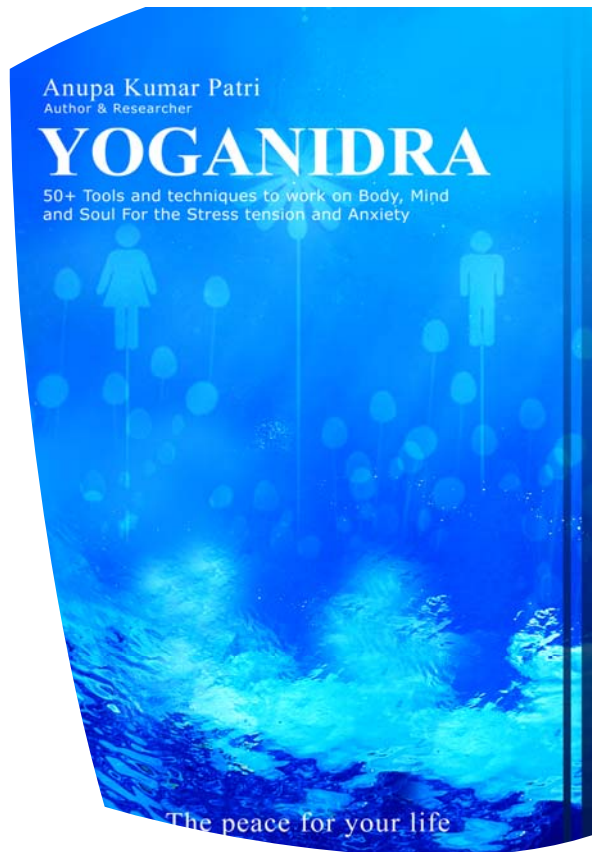
*"Yoganidra is the combination of 2words, Yoga & Nidra. Yoga is the process of unification. Nidra is the process of giving freedom to Body Mind and Soul. There several Yoga's in Bhagawat Geeta, like Bhakti Yoga , Karma Yoga Raj Yoga etc. Here the Yoganidra is Yoganidra, not NidraYoga. There several article and several masters describes voraciously about Nidra Yoga or Yoga Nidra in different facts about Yoga, different facts & process about Meditation.."*

## Helping you achieve The Peace for your Life

Yoganidra is in other word called as Panchak, as it unite 5 diverse techniques. As whole Yoganidra Book is all about the Soft Skills and the Self grooming behavior & actions. These whole pieces of writing present the idea about the very old Indian as well as western scientific mapping of the methods of accomplish the achievements.

Topics discussed in Book covers few of Self evaluation Process. Some tiny quick task and actions required for all of us to beat all the Life knot & challenges comes in the path of life. Also here stated few more important Topics.....

- Evaluation Technique
- Stress & Anger Management methods
- No Smoking
- Work Room & Study Room design
- Tarot & U, what can do together?
- Yoganidra™, The Master tool
- Brain & Memory Development Program
- Body Language, Start practice
- 55 Y-Tools for you, 73 Y Cracks
- NLP & Hypnotism
- Dream interpretation
- The Miracles u can
- Develop 6th Sense
- Plan Your Life Project Today



## 15 Steps = 15 Chapters for your self Help

15 Step is 15 Chapter of your life for the Transformation

All these entirely article is fragmented in to 15 chapters. As you will through with 15 chapters you will be start creating the awareness which will in turn will create the self appreciation, and this will lead in to the creation of self interest to practice and belief of the different factors and a successful practice will lead in to the great success and the peace for your life.....!!



# Music Tunes-Up Your Brain Power

*"Listening music is a head-start to longevity".*

Music enters into the brain cells thus affecting the human brain.

Medical scientists have proved that a person that is stressed out can actually listen to some kind of music and become well.

How? The researchers said that since stress comes as a result of life events such as starting a new family, starting a new business, starting a new job, and relocating to a new place, one can actually listen to good music and feel good because as stress touches the human mind negatively so good music also touches the human mind positively. Music helps you to forget the stressful life events and remember the momentous events that once happened in your life.

## Sound Tracks

- Activator
- Afternoon Raaga
- Anger Management
- Brain Sync - High Focus - 1 - Music + High Beta Waves
- Concentration-2
- De-Stressing
- Hypnotic Induction
- Meditation\_Pranayam\_Yoganidra\_Skill
- Meditation\_Yoganidra
- Pancha\_Mudra\_Yoganidra
- Self\_Hypnosis\_Yoganidra
- Self\_Hypnosis
- Sky Trains
- Sound Sleep
- Spirit Call\_Soul Meditation\_Yoganidra
- Super Memory Programmer
- Yoganidra-Music-03
- Yoganidra-Music-04
- Yoganidra-Music

1. Relieve stress.
2. Increase energy.
3. Learn better.
4. Become
5. Relax.
6. Sleep better.
7. Protect your heart.
8. Controll Anger & Stress.
9. Balancing Brain Waves.
10. Generate Meditating Waves & + Ve Vibration.
11. Reduce negativity
12. Program your Neurons
13. Practice Neurobics
14. Manage Mood Swing
15. Controll emotions

## TAROT DECK: Miracle vs. 6<sup>th</sup> Sense



Know the ancient pictures and be your own predictor for the every steps of life. Know the Past Present and design your own future. Navigate your life in a better way. Create your self esteem for everything. Although the roots of the tarot are in the occult tradition, interest in the cards has expanded in the last few decades to include many different perspectives. New decks have been created that reflect these interests. There are Native American, herbal, dragon and Japanese decks, among others.



Yoganidra Federation International

124, Anisha Grange,  
Bangalore 560093, India  
Phone-91-80-42062145  
[info@yoganidra.in](mailto:info@yoganidra.in)  
[www.yoganidra.in](http://www.yoganidra.in)

### Product List

Yoganidra Book →	RS-696/--
Yoganidra CD →	RS-100/--
Tarot Deck →	RS-397/--

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