



YUNUS EMRE FARM - YOGIC ECOLOGICAL FARM

BOUTIQUE - SHOP



AUDIO CD & RECORDINGS in English

(note that French and Turkish language recordings are also available - see home page) - update 31 january 2017

There are different ways to purchase the recordings from ALL OVER THE WORLD:

by **DOWNLOAD** through internet:

==> together with the download link, you will receive an e-booklet explaining the origine of Yoga nidra, how it works, the vocabulary, precautions, and contents of the different recordings - best way that minimises all costs :)

as **CD with envelop and printed booklet**:

==> in YUNUS EMRE FARM if you happen to visit us, or join us for a seminar !

==> by "KARGO"SHIPPING throughout Turkey only

<p>RECORDINGS <i>to learn more about speakers you may click on their names</i></p>	<p>Other information All recordings are delivered (either electronically or as CD) with a booklet explaining the origine of Yoga nidra, how it works, the vocabulary, precautions, and content of each yoga nidra. The basis reported in Yoga nidra beginners are found in all other yoga nidra (in less proportion) thus are not mentioned any further.</p>	<p>Prices for ALL Recordings are tax included <u>TL turkish lira for Turkish residents</u> € euros for people living Abroad</p>
<p>CD YOGA NIDRA BEGINNING <i>english</i> By Sannyasi Yogapushpa</p>	<p>One CD beginner with 2 yoga nidra to learn the basis: Body installation in Shavasana corpse pose, Sankalpa resolution, Pratyahara withdrawal of the senses, Rotation of consciousness, Breath awareness, Opposite sensations, Images, Coming back to outer world. To be practiced if you have no experience in Yoga nidra, to become familiar with the basis and then go on with intermediate yoga nidra.</p>	<p>Beginner 001 002 8€ / 15 TL as Download 10€ / 20 TL as CD & booklet</p>
<p>CD YOGA NIDRA INTERMEDIATE <i>english</i> By Sannyasi Yogapushpa</p>	<p>One CD with 2 yoga nidra intermediate : 01 - 02 : Content, in addition to the basis: Pratyahara, sensory organs, Ujjaie breathing, Breath awareness, Soham mantra, Alternate breathing in the body with Prana awareness. Visualisations. Long deep breathing throughout the whole body, Rotation of consciousness outside and inside the body, Space of the body, pulsation, Visualisations.</p>	<p>Inter 01 02 8€ / 15 TL as Download 10€ / 20 TL as CD & booklet</p>
	<p>One CD with 2 yoga nidra intermediate : 03 - 04 : Content, in addition to the basis: Breath awareness, Soham mantra, Psychic channel, Ajapa japa, Opposite sensations, Visualisations. Breath awareness, Nostrils and Ida Pingala nadis, Cold Warm sensations, Visualisations.</p>	<p>Inter 03 04 8€ / 15 TL as Download 10€ / 20 TL as CD & booklet</p>

	<p>One CD with 2 yoga nidra intermediate : 05 - 06 : Content, in addition to the basis: Breath awareness, Creation of opposite sensations, Vishuddhi, Manipura, Opposite emotions, Visualisations.</p>	<p>Inter 05 06 8€ / 15 TL as Download 10€ / 20 TL as CD & booklet</p>
<p>CD YOGA NIDRA ADVANCED <i>english</i> By Sannyasi Yogapushpa</p>	<p>Harmonizing the body and mind through the chacras Purifying the mind with powerful visualisations Yoga nidra as self healing tool</p>	<p>Soon available...</p>
<p>CD SPECIAL YOGA NIDRA <i>english</i> By Sannyasi Yogapushpa</p>	<p>Yoga nidra express - 15 minutes to relax body and mind in busy days Yoga nidra for sound sleep - easy techniques to recover sound sleep Yoga nidra to recover full Health - the power of the Mind is infinite and we can use it to connect with our self healing powers Yoga nidra to pass an exam - yoga nidra is used in many schools universities etc as powerful tool to memorise lessons and cultivate self confidence</p>	<p>Soon available...</p>

TO ORDER

Please Click [HERE](#) to download the **ORDER FORM** , FILL IT UP, and SEND it by EMAIL to yunusemrefarm@yahoo.com

You will need to fulfill your payment to validate your order.

Payment possibilities are : BANK transfer in Turkish Liras (preferably for people living in Turkey) and PAYPAL (for anyone abroad)

If you have any doubt or question do not hesitate to contact Isabelle by phone 90 531 512 09 28 or by mail yunusemrefarm@yahoo.com

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