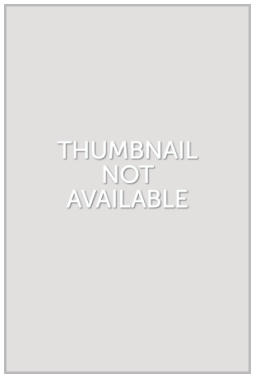
# A Handbook of Yoga Nidra




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## Book Review

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**(Alvina Runte PhD)**

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