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Ramdev Yoga is often paired with the healing art of . · Yoga nidra (Sanskrit: योग निद्रा) or yogic sleep is a state of consciousness between waking and sleeping, like the "going-to-sleep" stage, typically induced by a guided meditation.. There is evidence that yoga nidra helps relieve stress. [citation needed] An ancient technique from India, it has now spread worldwide and is also being applied by the US Army to assist soldiers. · Baba Ramdev Yoga exercise steps of all types with the good quality video. Ramdev Yoga videos are in different languages. Yoga Asana, Exercise, New Posture, Latest Yoga Steps, Mantra, Chakra Meditation, Mudras etc. Watch latest and new videos of yoga with all types of steps at home of Baba nufurobe.aromatikashop.rury: APP. Yoga Nidra Script Released for Healers and Yoga Teachers to Guide Clients in Yoga Nidra Relaxation. 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