



# Welcome to the online training!

## 7 days of Yoga Nidra

- Get the recording and set yourself in a comfortable position.
- Every day you can enjoy between 30 to 45 minutes of Yoga Nidra.
- You get the possibility to download the audio files.
- A unique opportunity to take care of yourself, to reset and relax.

**2 programs available online**

7 days of Yoga Nidra

- Yoga Nidra to Improve your Sleep
- Yoga Nidra for Self-Development

**More information:**

<https://position-meta.teachable.com>