

Yoga Festival de Paris

Apprenez

Cet atelier vous permettra d'apprendre les principes de base de Yoga Nidra et comment construire votre propre séance. Nous pratiquerons au moins deux versions.

Diaporama - présentation



The image shows a screenshot of a SlideShare presentation slide. At the top, the SlideShare logo and navigation menu are visible. The main content area features a circular illustration of a human head in profile, showing the brain and heart, set against a blue sky with clouds. Below the illustration, the title 'Présentation de l'atelier: Yoga Nidra' is displayed in white text on a dark blue background. The bottom of the slide includes a navigation bar with a back arrow, '1 of 17', a forward arrow, and a share icon. Attribution text 'Photo by Horia Varfan' and 'HRIKU DECK' is also present.

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Présentation de l'atelier: Yoga Nidra

Photo by Horia Varfan HRIKU DECK

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