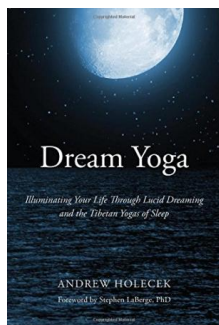


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DREAM YOGA: ILLUMINATING YOUR LIFE THROUGH LUCID DREAMING AND THE TIBETAN YOGAS OF SLEEP



SOUNDS TRUE INC, United States, 2016. Paperback Book Condition: New. 235 x 159 mm. Language: English. Brand New Book. Lucid dreaming-becoming fully conscious in the dream state-has attracted legions of those seeking to explore their vast inner worlds. Yet our states of sleep offer much more than entertainment. Combining modern lucid dreaming principles with the time-tested insights of Tibetan dream yoga makes this astonishing yet elusive experience both easier to access and profoundly life-changing. With Dream Yoga, Andrew Holecek...

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- Authored by Andrew Holecek
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