

# Do you want to be part of a WORLD RECORD?



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Due to the fast paced life we live today, we tend to ignore the importance of sleep and even when we try, sleep eludes us.

That is why we are eternally tired, unable to focus or be productive. And that is probably why we work extra hours to compensate.

This ends up being a vicious cycle and prevents us from enjoying the fruits of our hard work.

Some more reasons that prevent us from reaping benefits from our hard work are:



**Burn out**



**Stress**



**Anxiety**



**Fatigue**

Do we have a solution for these modern day issues in our ancient Knowledge systems? **YES!**

## #Yoga Nidra





**Yoga Nidra** stands as one of the most scientifically validated practices, offering an effective remedy for the modern-day challenges we grapple with.

At **Shrimath Yoga** we decided to harness the power of Yoga Nidra and group practice this year and create a hashtag: **#WorldRecord**

Last year we created 2 World Records in Most number of participants in the:

- Yoga Volunteer Certificate, Ministry of AYUSH
- Yoga Nidra & Stress Management

One misconception about Yoga Nidra is that it is only practice to induce sleep but the real purpose of Yoga Nidra is to help us to:

-  Stay Calm in testing situations
-  Accept and Manage Stress
-  Cellular Level Repair
-  Manifest Desires

**Group practice creates an impact at the Cosmic level and fosters healing, peace and harmony.**

This year we wish to enable **1008** people to understand and practice **#YogaNidra** at the investment of just **INR 999**

## How can you be part of this World Record initiative?

1. Fill in the google form and remit the payment:

<https://forms.gle/nG5dkYMY6Vuy3X0h9>

2. Receive the **20 minute talk** on Yoga Nidra.

3. Keep yourself ready to practice on **June 15th and 16th.**

4. Encourage one member each from: family, relatives, friends, colleagues and vendors.