







# Yoga Festival de Paris

# Apprenez

Cet atelier vous permettra d'apprendre les principes de base de Yoga Nidra et comment construire votre propre scéance. 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 slide features a central illustration of a human head in profile, with a glowing orange sun behind it, symbolizing the mind and heart. Below the illustration, the title 'Présentation de l'atelier: Yoga Nidra' is displayed in white text on a dark blue background. The slide also includes a 'Be the first to clip this slide' prompt, a photo credit to Horia Varfan, and a 'HRIKU DECK' logo. Navigation controls at the bottom indicate it is slide 1 of 17.

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**Présentation de l'atelier: Yoga Nidra**

Photo by Horia Varfan HRIKU DECK

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# Interesting links - Liens intéressants

- [Yoga Nidra: general info générale](#)
- [Vous êtes ici - Your here](#)

# Témoignages

[+]

Ce que les autres en disent  
(témoignages en anglais)

What are those who took the  
workshop say about YogaNidra

[+]

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La Yoga Alliance des USA



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