



Drops of Nectar: Yoga Relaxation for Rejuvenation and Healing

Shiva Rea

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One of the great pleasures of yoga is the relaxation session or *shavasana* traditionally offered at the end of a class. When taught skillfully, shavasana invokes the flow of energetic nectar down the spine to permeate the entire body with blissful energy.

Now, with *Drops of Nectar*, yoga practitioners can experience this rejuvenating dimension of yoga at home and at their convenience. Taught by acclaimed instructor Shiva Rea, this immersive two-CD program guides listeners through:

- *Yoga Nidra*, a relaxation method that works with 36 areas of the body
- Tension release through the five *koshas* (layers) of the body
- A special meditation for healing areas of pain and blockage
- Lunar Shavasana—an effective means to rest the sense organs and induce deep and restful sleep
- Awakening the Lotus, a chakra-based meditation, and more

Used as a complement to one's existing yoga practice or on its own, *Drops of Nectar* will serve as valuable resource for anyone seeking to explore the healing traditions of yoga.

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