



Wednesday, April 16, 2025

NC Brain Injury Conference Presentation Upload Form

Name

Bridget Hearne

Email

bridget@loveyourbrain.com

Presentation Title

Yoga Nidra Guided Meditation for Sleep and PTSD After Brain Injury

Presentation File Upload (PDF's Only)



FY25 Yoga Nidra BIANC Bridget Hearne.pdf