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His recordings ^[1]



Swami Nishchalananda has produced several recordings which are available from the [Ashram Shop](#) ^[2] and some are also downloadable from [Bandcamp](#) ^[3]:

- Vigyana Bhairava Tantra
- Tattwa Shuddhi - guided meditation
- The Chakras - explanation and meditation
- The Five Koshas - explanation and meditation
- Antar Mouna and Ajapa Japa - meditation
- Yoga Nidra - Initiation in the Pyramid
- Chants from the Heart
- Nirvana Pad - A Path to Freedom
- Songs of the Carefree.

Source URL: <http://mandalayoga.net/yoga-UK/his-recordings>

Links:

[1] <http://mandalayoga.net/yoga-UK/his-recordings>

[2] <http://mandalayoga.net/node/162>

[3] <http://mandalayogaashram.bandcamp.com>