

# Yoga Nidra



FIND STILLNESS  
FIND QUIET  
FIND REST



# Welcome!

## to

# Yoga Nidra

## The sleep of

# the yogi!

We are busy people and our body is in an almost constant state of alert, with not much time for rest or relaxation, leaving us feeling quite tired and empty of energy.

We all crave time to rest, relax and recover; and Yoga Nidra gives us just that!

Yoga Nidra is becoming a popular practice for our modern lives, to help with sleep and relaxation.

If you are new to Yoga Nidra then this short guide gives you a simple understanding of this healing practice.



I look forward to teaching and helping you find space to slow down and rest at a class soon!

*Namaste*

*Michelle*  
x

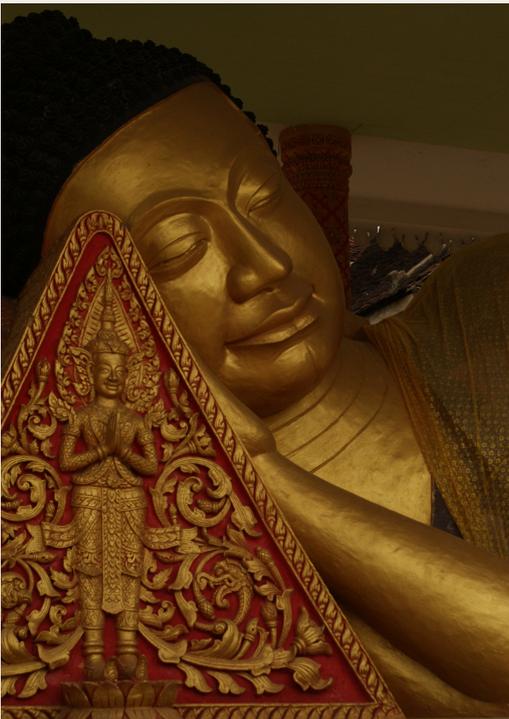
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Experience yourself in Silence

**Erich Schiffmann**

# History of Yoga Nidra



The source of Yoga Nidra is an ancient Tantric practice known as Nyasa, which means 'to place'. Nyasa is the practice of placing, feeling and repeating Mantras on different parts of the body and is mentioned in many Tantric texts.



Swami Satyananda Saraswati, founder of the Bihar School of Yoga, developed the basis of this technique of Nyasa and simplified this ancient yogic practice method, making it both accessible and practical, introducing, what we now call Yoga Nidra to Western students in the 1960s.

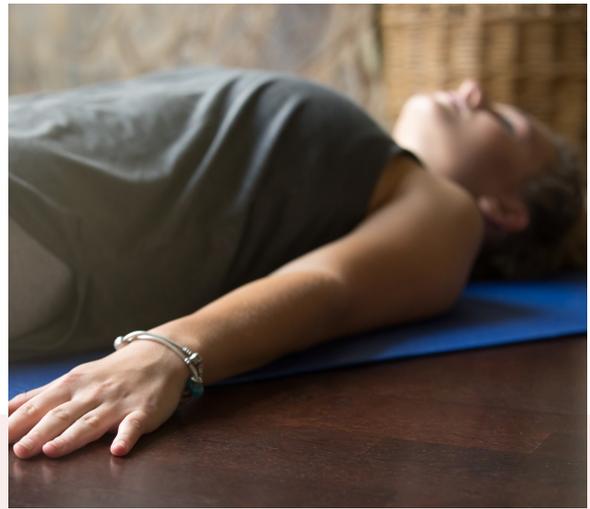
The systematic approach of the Yoga Nidra practice formulated for today's modern world, still retains its power to induce deep relaxation and transform our attitudes and approach to life.

Most people sleep without resolving their tensions,  
This is termed nidra.

Nidra means sleep, no matter what or why,  
But yoga nidra means sleep after throwing off the burdens,  
It is of a blissful, higher quality altogether.

Swami Satyananda Saraswati

# What is Yoga Nidra?



Yoga means 'Union' or 'one pointed awareness' and Nidra means 'Sleep', so Yoga Nidra, means conscious and aware sleep.

The practice of Yoga Nidra is a practice of Yogic Sleep, that will guide you to the 'hypnagogic state', which is a state of consciousness, between wakefulness and sleeping.

It is that state when you are totally relaxed, yet conscious and aware, similar to when you are just about to fall asleep.

During Yoga Nidra you may appear to be asleep, but you are fully aware, as the consciousness is functioning at a deeper level of awareness.

It is a state of dynamic sleep, referred to as psychic sleep or deep relaxation with inner awareness and is a technique to induce a state of complete physical, mental and emotional relaxation to ones being

The state of relaxation is reached by turning inwards, away from outer experiences, by withdrawing of the senses, known as the 5th limb of Yoga, called Pratyahara.

“Relaxation does not mean sleep.  
Relaxation means to be blissfully happy,  
It has no end.”

Swami Satyananda Saraswati

# Yoga Nidra Practice



To induce Yoga Nidra, you listen and follow a set of instructions, similar to guided meditation.

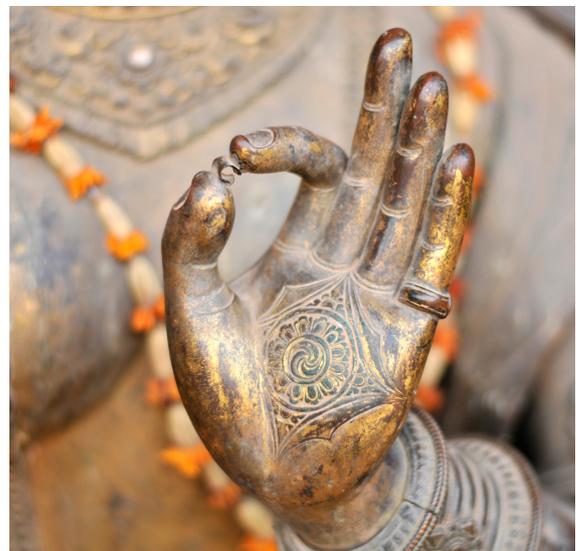
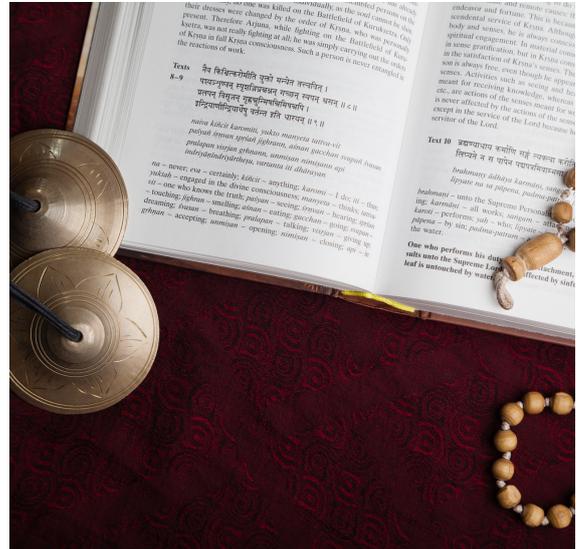
You listen to the instructions, but not hold onto them; rather, just go with the flow and let the mind follow without analysing the words or their connections.

During the practice, try to remain focused on your instructions to avoid falling asleep, but still be relaxed enough to allow for inner reflection.

One feature of the practice is the Rotation of Awareness, which is an awareness rotation through the physical body, where we guide and focus the mind on various parts of the body, known as 'Nyasa' or 'placement of awareness on body parts.

You may zone out and not hear the instructions, which is pretty normal at first!

So don't worry, the whole process takes place in the subconscious mind.



# Sankalpa



Sankalpa is a Sanskrit word translated as 'resolve' or 'pledge' and it is a powerful method of imprinting positive impressions on the subconscious and allows you to cultivate good habits and attitudes.



Yoga Nidra serves as a tool for reshaping the mind, so during the Yoga Nidra practice you may be asked to formulate an intention, which is known as Sankalpa.

Due to the more receptive nature of the mind in a deeper state of Yoga Nidra relaxation, the Sankalpa is imprinted deeper than when in a normal state.

Consider your Sankalpa carefully, to ensure it is suitable to make life-affirming changes. Consider which specific habit or attitude you really want to replace with a more positive habit or attitude.

The Sankalpa takes the form of a short mental statement and something realistic that you can stick with until you realise it in your life and transform you as whole.

For example: I am more positive; I am more aware; I am perfectly healthy etc

# Benefits of Yoga Nidra



- Release physical, mental and emotional tension and stress, promoting a feeling of total relaxation.
- Help induce the state of meditation.
- Help with insomnia and encourage deep sleep.
- Support healthy sleep cycles.
- Restore vital energy – useful when we are depleted of energy.
- Can help increase memory and retention of knowledge.

“  
Sleep is a different matter.  
Sleep gives only mind and sense relaxation.  
Bliss relaxes the atma, the inner self;  
That is why, in tantra,  
Yoga nidra is the doorway to Samadhi.”

Swami Satyananda Saraswati

# What to expect



You will be in a lying down in a face up position called Savasana.

However, you can lie a comfortable position that's right for you, especially if you have any back issues.

Make yourself warm with layers, as your body temperature will drop, being in a still position.

You can use many props, such as a bolster, blankets and cushions to support and comfort you.

Try to stay awake and aware!

If you fall asleep that is perfectly fine. Your body is telling you, you need sleep!

If you miss a few instructions, it does not matter, just keep listening to my voice.

Remember that you do not have to do anything you don't feel ready or comfortable to do.

Yoga Nidra is a personal and individual experience.

