Yog Nidra

Yoga Nidra induces a deep state of conscious relaxation. It helps reduce stress, improve sleep, and promote inner peace.

Avoid practicing immediately after eating to prevent drowsiness.

**Steps**

1. Prepare Your Space

* Find a quiet, comfortable place where you won’t be disturbed.
* Lie down on your back in Shavasana with arms slightly away from your body, palms facing upward, and legs relaxed.
* Keep your body still and comfortable throughout the session.

1. Set an Intention (Sankalpa)

* Mentally form a positive intention for your practice, such as “I am calm and relaxed” or “I am at peace.”
* Repeat this intention mentally with full awareness and conviction.

1. Body Awareness

* Systematically bring awareness to different parts of your body, starting from the right side.
* Mentally scan your body from the right thumb, moving through each finger, hand, arm, shoulder, chest, and down to the toes.
* Repeat the same process on the left side, bringing awareness to each body part without moving.

1. Breath Awareness

* Observe the natural flow of your breath, focusing on the gentle rise and fall of your abdomen.
* Do not control your breath—simply witness the sensation of air entering and leaving your nostrils.
* This helps deepen relaxation and quiet the mind.

1. Visualization

* Visualize peaceful and calming images like a serene ocean, a bright star, or a tranquil garden.
* Allow these images to arise naturally, observing the emotions they bring without judgment.
* This stage enhances relaxation and inner awareness.

1. Gradual Awareness & Transition

* Slowly bring your awareness back to your body and surroundings.
* Gently move your fingers and toes, then slowly open your eyes.
* Take a few moments to stretch or remain still before sitting up. This allows for a smooth transition back to full consciousness.

1. Closing

* It’s normal to drift in and out of a sleep-like state—allow yourself to experience this naturally.
* With regular practice, Yoga Nidra enhances sleep quality, reduces stress, and promotes emotional healing.

**Tips for an Effective Practice:**

* Practice in a quiet space to minimize distractions.
* Stay awake but relaxed—falling asleep is common but not the goal.
* Be consistent—regular practice deepens the benefits.