

Open in app ↗



Search



Day 14 of 30 Days of Yogic Journey — Visit Morarji Desai Institute of Yoga, Delhi to Attend IDY Common Yoga Protocol Session, Yoga Nidra



Saativik Life · Following

2 min read · May 14, 2023



Listen



Share

... More

Visit Morarji Desai Institute of Yoga, Delhi to Attend IDY Common Yoga Protocol Session

Today, I visited Morarji Desai National Institute of Yoga, Delhi to participate in IDY common yoga protocol sessions which are being organized daily as a part of 100 days of yoga.

Prayer

We started the session by preparing ourselves for prayer by sitting in the “Sukhasana” pose and the “Gyan” mudra.

We chant “OM” 3 times, followed by prayers which are:

gururbrahmā gururviṣṇuḥ gururdevo maheśvaraḥ .
guruḥ sākṣāt parabrahma tasmai śrī gurave namaḥ ..

Yogic Practices

We practiced the following yogic poses & kriyas:

- “Griva Shakti Vikasak” Yogic Sukshma Vyayama
- Tadasana
- Vrikshasana
- Makarasana

- Surya Namaskara
- Kapalbhati
- Anulom Vilom Breathing

Relaxation

After intensive yogic practice, we perform the “**Shavasana**” yoga poses to relax our body and mind.

Closing Prayer

We end today’s session by chanting “OM” following Mantra:

om sarve bhavantu sukhinah
sarve santu nirāmayāḥ .
sarve bhadraṇi paśyant
mā kaścid duḥkha bhāgbhavet .
om śāntiḥ śāntiḥ śāntiḥ ..

Yoga Nidra

The term “**Yoga Nidra**” is derived from two Sanskrit words, “**Yoga**” meaning union or one-pointed awareness, and “**Nidra**” which means sleep. So, “**Yoga Nidra**” means yogic sleep or a deep meditative state of samadhi.

Yoga Nidra is a state of mind between wakefulness and sleep that opened deep phases of the mind. It affects the brain by shifting brain waves into a beneficial state of regeneration and repair. It is also said that a 30-minute yoga nidra practice is equivalent to **2–4 hours** of sleep.

A study suggested that regular practice of “**Yoga Nidra**” could reduce tension and anxiety, while autonomic symptoms of high anxiety such as headache, giddiness, chest pain, palpitations, sweating, and abdominal pain appeared to respond well.



Source: https://www.freepik.com/free-photo/young-woman-savasana-pose-grey-studio-background_1281541.htm#query=shavasana&position=1&from_view=search&track=sph

Stages of Yoga Nidra

There are 8 stages of yoga nidra which are:

1. Settling
2. Sankalpa
3. Body Rotation
4. Breath Awareness
5. Feelings and Sensation
6. Visualization
7. Sankalpa
8. Externalization

Benefits of Yoga Nidra

From beginner to advanced yogis, anyone can take the benefits of Yoga Nidra. Following is the list of benefits of Yoga Nidra:

- Improve Your Sleep and Reduce Insomnia
- Detach From Your Thoughts
- Release Tension and Pain
- Connect with Yourself
- Enjoy Life to the Fullest

What's Next?

In the next article, I will learn about Yoga Asana and its benefits.

Stay Healthy. Eat Healthy. Live Longer.

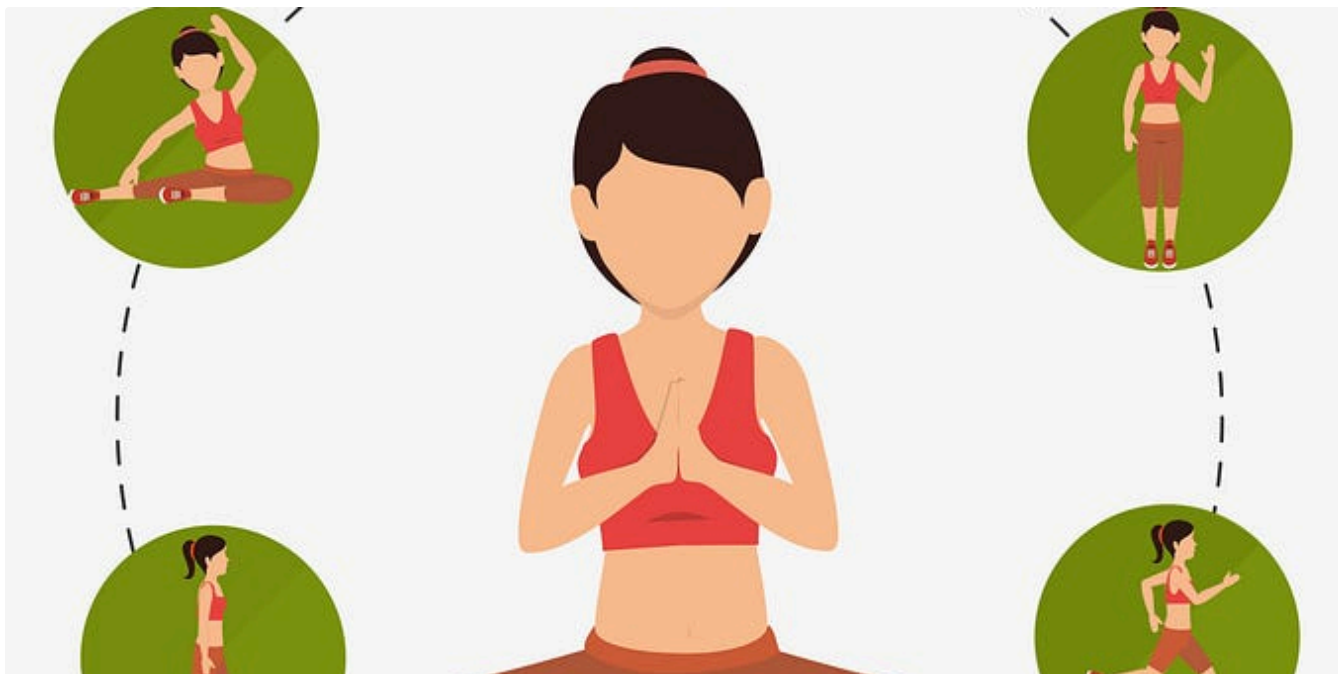
[Yoga](#)[Relaxation Techniques](#)[Healthy Lifestyle](#)[Yoga Nidra](#)[Yoga Benefits](#)[Following](#)

Written by Saatvik Life

8 Followers

A Journey to stay healthy and live longer

More from Saatvik Life

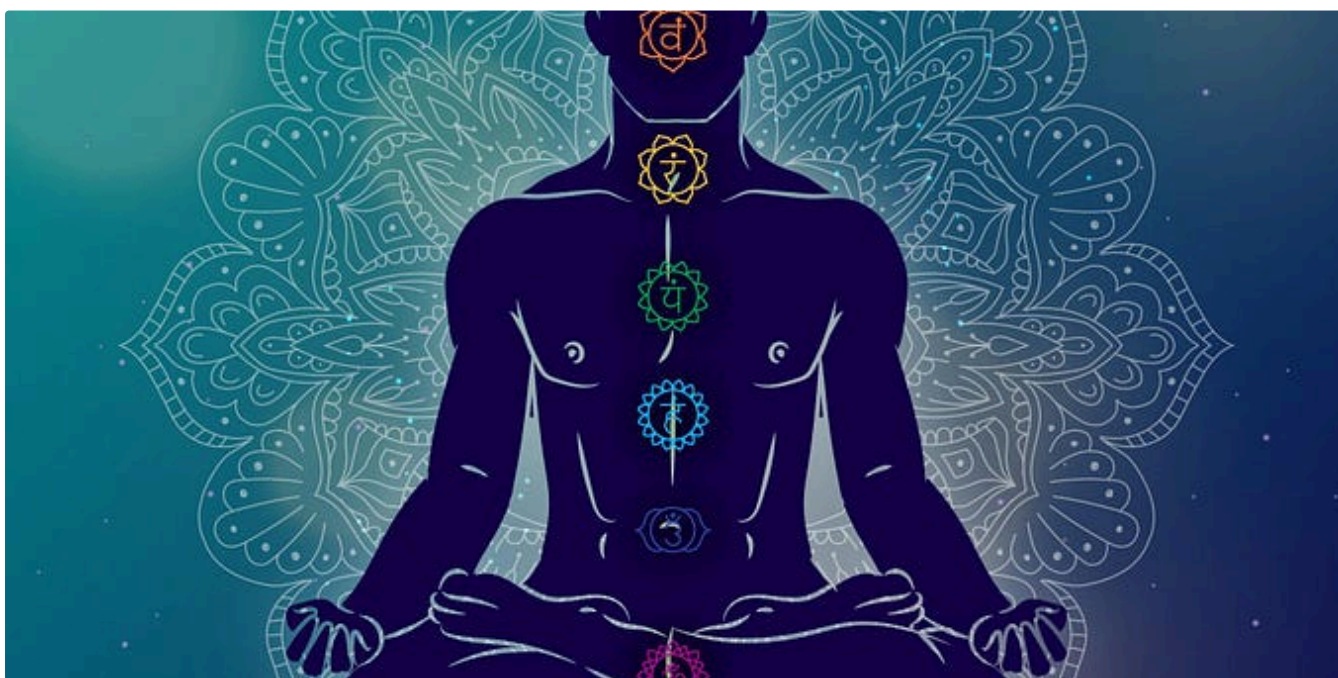


 Saatvik Life

Day 06 of 30 Days of Yogic Journey — Yogic Sukshma & Sthula Vyayama Practice, Yogic Sthula Vyayama...

Learned about Yogic Sthula Vyayama — how to do it and what are their benefits...

4 min read · May 6, 2023



 Saatvik Life

Day 03 of 30 Days of Yogic Journey — Yogic Sukshma Vyayama Practice and Their Benefits, Types of...

Practice yogic sukshma vyayama as well as understand its benefits. Also, learned about the types of bodies in yoga.

3 min read · May 3, 2023



Day 02 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma...

Learned guiding principles for yoga practitioners, practiced yogic sukshma vyayama. Also, learned how to begin and end yogic session...

4 min read · May 2, 2023





Day 08 of 30 Days of Yogic Journey — Yogic Sukshma & Sthula Vyayama Practice, Yogic Shat Karma

Today got a chance to learn about different types of yogic shat karma and their benefits...

3 min read · May 8, 2023



See all from Saatvik Life

Recommended from Medium



Sufyan Maan, M.Eng in ILLUMINATION

What Happens When You Start Reading Every Day

Think before you speak. Read before you think.— Fran Lebowitz

🌟 · 6 min read · Mar 12, 2024



15.4K



302



Karolina Kozmana

Common side effects of not drinking

By rejecting alcohol, you reject something very human, an extra limb that we have collectively grown to deal with reality and with each...

10 min read · Jan 22, 2024



32K



859

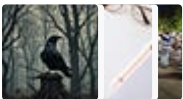


Lists



Living Well as a Neurodivergent Person

10 stories · 776 saves



Medium's Huge List of Publications Accepting Submissions

302 stories · 2669 saves



Hazel Paradise

How I Create Passive Income With No Money

many ways to start a passive income today

5 min read · Mar 27, 2024



11.5K



280





Wizdom App

You Become What You Focus On

The following quote is 2000 years old, but it seems to be relevant to today's world:

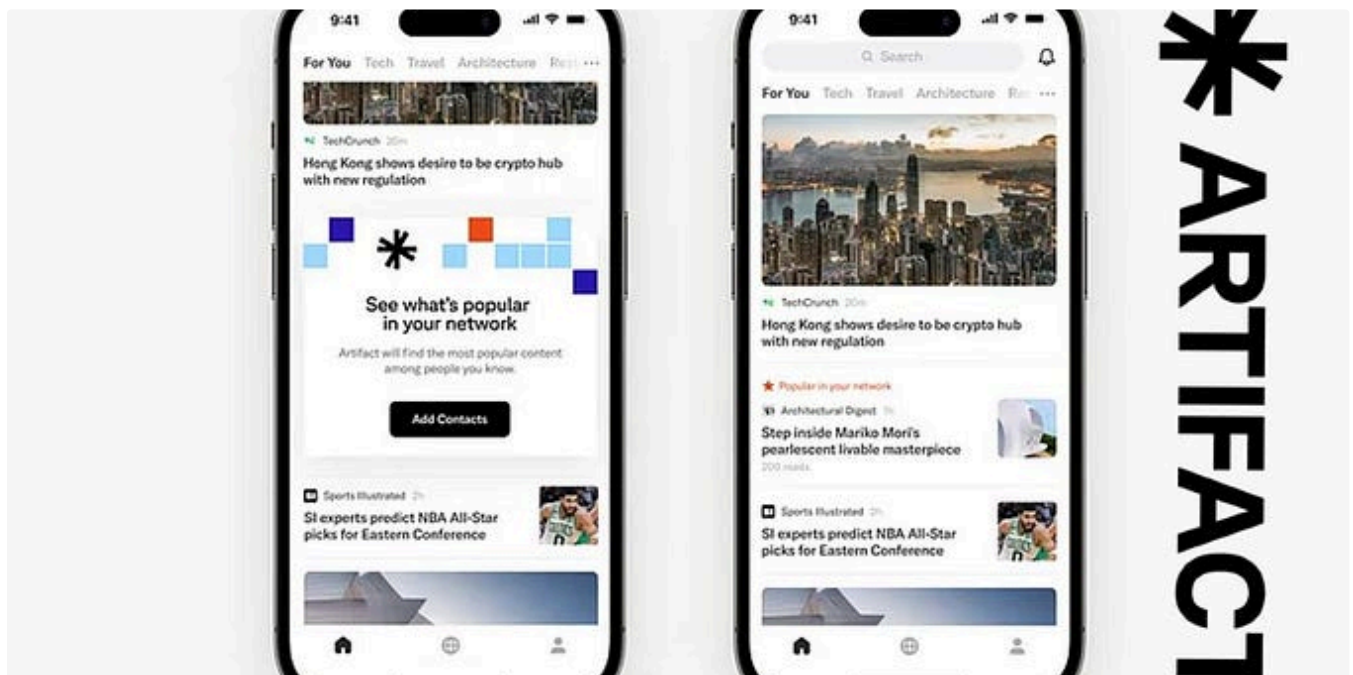
5 min read · Apr 11, 2024



11.3K



204



Gowtham Oleti

Apps I Use And Why You Should Too.

Let's skip past the usual suspects like YouTube, WhatsApp and Instagram. I want to share with you some less familiar apps that have become...

11 min read · Nov 14, 2023



22K



424



mo husseini

50 Completely True Things

This is a repost of a list of posts I made to Threads last fall.

5 min read · May 3, 2024



9.3K



187



See more recommendations