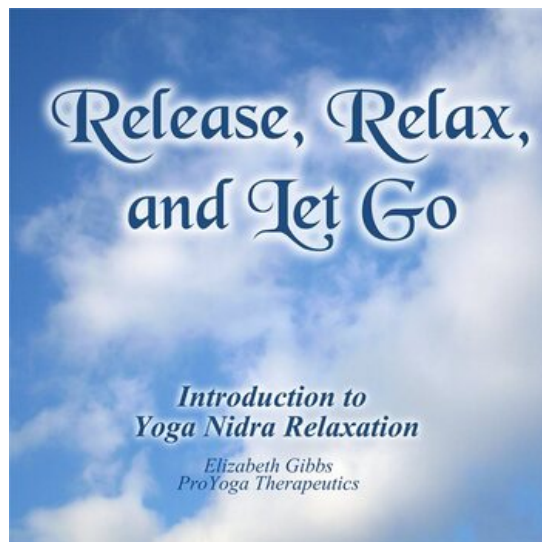


YOGA NIDRA An Overview



Where did Yoga Nidra come from?

From the tantric practice of Nyasa ("to place" or take the mind to that point). Swami Satyananda Saraswati from the Bihar School of Yoga in India developed the modern method in 1941.

What is Yoga Nidra?

A systematic method to bring about physical, mental, and emotional conscious relaxation and encourage self-awareness.

What Does Yoga Nidra Do Exactly?

Yoga Nidra can help you:

- Learn how to relax
- Develop your tool of self-awareness
- Change deep seated habits and unhelpful core beliefs
- Experience positive changes in your sleep patterns
- Develop a positive and balanced outlook on life
- Enhance your creativity
- Manage your stress levels

How Does Yoga Nidra Work?

Yoga Nidra works by turning your attention from external stimuli to the internal subconscious/unconscious landscape, and giving yourself instruction for desired changes or transformation.

How Does Yoga Nidra Fit Into The Five Layers of Self-Awareness (Koshas)?

Yoga Nidra works on all 5 Layers and is one aspect of awareness of and withdrawal of the senses.

How Do I Do Yoga Nidra?

Sit in a chair or lie down on the floor. It is a good idea to cover yourself with a light blanket or sheet as the body cools when it relaxes. Turn your palms upward. Wear loose comfortable clothing and remove watches, glasses, and jewelry. Close your eyes. Your instructor or practice tape/CD will guide you through the steps:

1. Preparation/Relaxation
2. Choosing your resolve
3. Rotation of consciousness
4. Breath awareness
5. Feelings & Sensations
6. Visualization/s
7. Repeating the resolve
8. Finish

What is a Resolve and How Do I Choose One?

A resolve is a short positive statement that gives instructions to your subconscious mind to work on a goal for your life. It is best to choose one and work with the same one each time you do Yoga Nidra until your goal is reached. Examples: "I am awake and aware," "I am happy, healthy and whole," "I am calm, peaceful and relaxed."

What If I Go to Sleep?

If you fall asleep during Yoga Nidra it means you may be sleep deprived. If this happens often during the practice of Yoga Nidra, try to get more sleep during regular sleeping hours. When your sleep 'bank account' is filled you will find it easier to stay awake during the practice of Yoga Nidra. If you do sleep during Yoga Nidra it will be a refreshing sleep that will go a long way to filling up your sleep 'bank account.'

What Are Some Contraindications for Yoga Nidra?

1. In general Yoga Nidra is contraindicated for imbalanced psychological states and depression. However, you may be able to modify the practice if you stay with a focus on the body and the breath, keep the eyes open and the body elevated with the head above the heart, or sit upright in a chair.

2. A full stomach - wait for at least one hour after eating