



Role of *yoga nidra* & understanding Brain Waves





α Alpha Waves

Role

Promotes relaxation and stress reduction.

Improvement

1. Practice *Yoga Nidra* to increase alpha wave production and enhance relaxation.
2. Engage in *Nadi Shodhana* to calm the mind.
3. Spend time in nature or listen to soothing music.



β Beta Waves

Role

Facilitates brain storming, alertness, and active thinking.

Improvement

1. Incorporate *Yoga Asanas* like *Surya Namaskar* (Sun Salutation) to sharpen focus.
2. Practice *Mantra Sadhana* to stabilize beta waves and prevent anxiety.
3. Engage in mental challenges like *puzzles* or learning new skills.





θ Theta Waves

Role

Supports creativity, intuition, and emotional processing.

Improvement

1. *Yoga Nidra* sessions can deepen theta activity, promoting creativity and emotional balance.
2. Practice *guided visualization* or creative activities to stimulate theta waves.
3. Engage in loud chanting of texts like *Sri Vishnu / Sri Lalita Sahasranama, Quran, Sri Guru Granth Sahib, Bible etc.*, for 20 minutes a day.



△ Delta Waves

Role

Vital for deep sleep, healing, and regeneration.

Improvement

1. Integrate *Yoga Nidra (level 2)* before bedtime to enhance delta wave production and improve sleep quality.
2. Follow a *consistent sleep routine* and create a calm sleep environment.
3. Practice restorative Yoga poses like *Savasana* (Corpse Pose) to encourage deep relaxation.



γ Gamma Waves

Role

Enhances cognitive functioning, learning, and perception.

Improvement

1. Engage in *Brahmari* to stimulate gamma waves.
2. Practice dynamic *Yoga Asanas* that challenge the mind-body connection.
3. Focus on cultivating a *hobby* or restart the same as that promotes heightened awareness and learning.



Ready to Experience the Power of Yoga Nidra?

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