

## Introduction

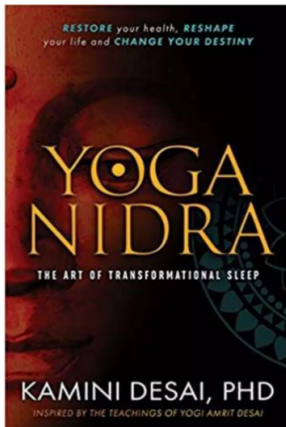
(Ref: Yoga Nidra - Dr Amit Chail)

## Introduction

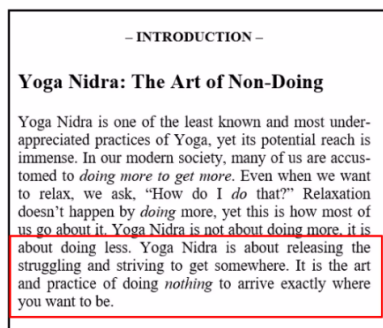
### Introduction to Yoganidra

- Yoga Nidra (योगनिद्रा) is a deep relaxation technique that:
  - Relieves stress.
  - Improves sleep.
  - Accesses the bliss state (Ananda आनन्द).
- Composed of series of body, breath, imagination acts to guide into progressive states of relaxation (non-doing)
- Inspired by the Bihar School of Yoga, this script follows the inward journey through the Koshas.

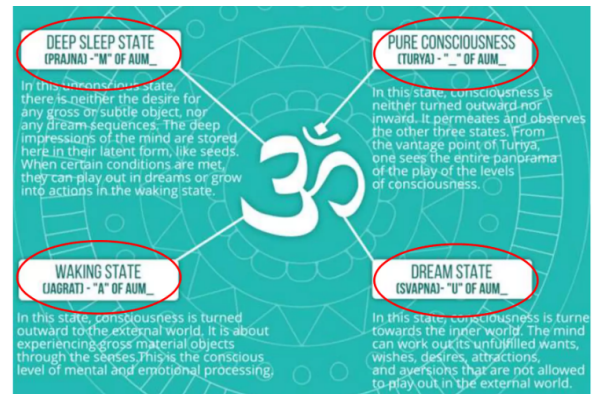
### What is Yoga Nidra?



(Ref: Yoga Nidra - Dr Amit Chail)

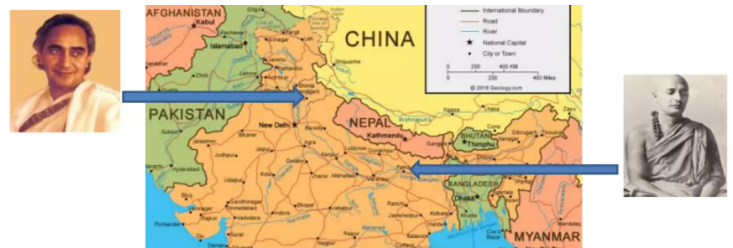


### Four Stages of Human Consciousness



(Ref: Yoga Nidra - Dr Amit Chail)

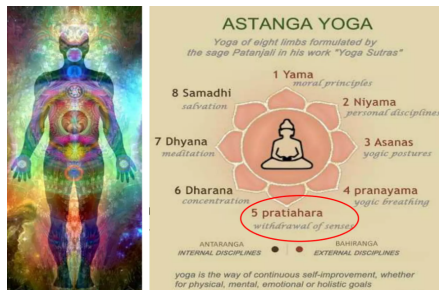
### Practitioners



(Ref: Yoga Nidra - Dr Amit Chail)

### What is Yoga Nidra?

Its is Pratyahara प्रत्याहार : Prati प्रति (inside) + ahara आहार (food), ie food to inside, that is, contrary to our attention being always external looking, here we are looking inside. Plus, there is tantra word 'nyasa' न्यास , meanings seating. meaning you put attention at different places.



(Ref: Yoga Nidra - Dr Amit Chail)

### History



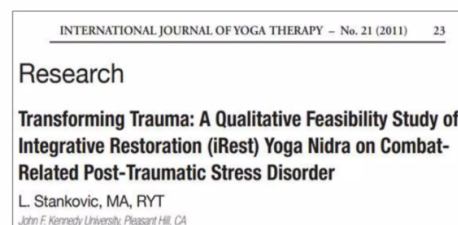
### Modern Development

Swami Satyananda Saraswati's Contributions :

- Systematized Yoga Nidra in the 20th century
- Founded Bihar School of Yoga
- Made the practice accessible to modern practitioners
- Emphasized scientific approach to traditional practice
- Developed structured methodology for teaching

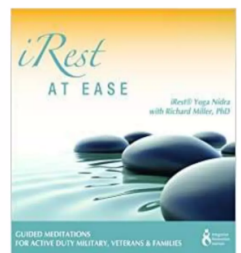
### Research

Richard Miller



<https://www.irest.org/users/richard-c-miller>

(Ref: Yoga Nidra - Dr Amit Chail)



### Nidra vs Yoganidra

Nidra (निद्रा):

- Unaware, only physical relaxation.
- Unconscious state.

Yoganidra (योगनिद्रा):

- Aware relaxation (physical, mental, and emotional).
- Conscious of subconscious mind.

## Meditation vs Yoganidra

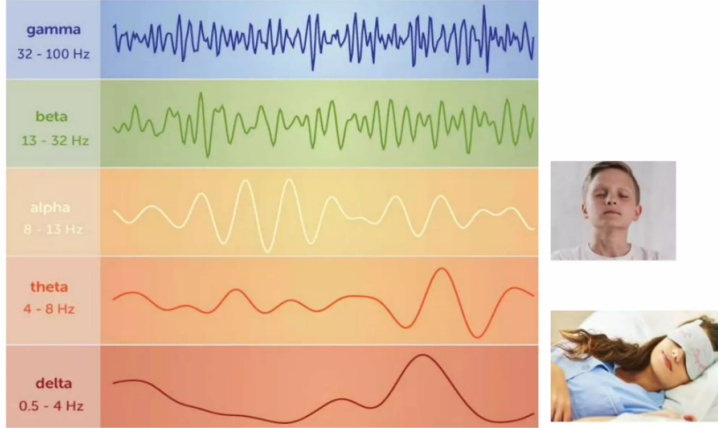
### Meditation :

- Typically done sitting up
- Focuses on one point of concentration
- Requires active mental effort
- May be challenging for beginners

### Yoga Nidra :

- Done lying down
- Systematic rotation of awareness
- Guided relaxation practice
- Accessible to all skill levels

### Science : ECG



(Ref: Yoga Nidra - Dr Amit Chail)

### Science : ECG

Levels: Parker & Bharti (2013)

- Level 1: Alpha waves and reduced BP
- Level 2: Theta waves and creativity
- Level 3: Theta followed by Delta waves
  - Like NREM sleep, but indl is aware
- Level 4: Simultaneous sleep and awareness
  - Alternates between theta and delta waves (?)

(Ref: Yoga Nidra - Dr Amit Chail)

## 8 Stages of Yoganidra

1. Preparation (Shavasana): Deep breaths in Shavasana (शवासन).
2. Resolve (Sankalpa): Optional positive affirmation (संकल्प).
3. Body Awareness (Rotation): Relax body parts.
4. Breath Awareness: Relaxation through breath.
5. Opposite Sensations: Experience and release emotions.
6. Visualization: Reach the subconscious with imagery.
7. Resolve (Sankalpa): Repeat the Sankalpa again.
8. Exiting: Return awareness to external surroundings.

### Key Instructions

- No movement during Yoganidra.
- Stay awake, do not fall asleep.
- Do not think, just follow the instructions.

### The Koshas (कोश)

- Annamaya Kosha (अन्नमयकोश) - Physical Body
- Pranamaya Kosha (प्राणमयकोश) - Energy Body
- Manomaya Kosha (मनोमयकोश) - Emotional Body
- Vijnanamaya Kosha (विज्ञानमयकोश) - Wisdom Body
- Anandamaya Kosha (आनन्दमयकोश) - Bliss Body

## Koshas in Yoganidra

- Body Awareness (Rotation): Annamayakosha (अन्नमयकोश) - Physical Body: Focus on different body parts (right palm, right arm, legs, back, etc.).
- Breath Awareness: Pranamayakosha (प्राणमयकोश) - Breath Awareness: Reverse breath count from 27.
- Opposite Sensations: Manomayakosha (मनोमयकोश) - Emotional Body: Experience opposite sensations (hot/cold, wet/dry).
- Visualization: Vijnanamayakosha (विज्ञानमयकोश) - Subconscious Visualization: Visualize calming scenes like deserts, lakes, and waves.

### Tips for Practicing Yoganidra

- Use simple and precise language in the script.
- Speak in a clear and even tone.
- Sit comfortably and be still during facilitation.
- Practice in a warm, comfortable space. Use props (pillows, blankets) to support the body.
- Remain still, but do not fall asleep.

### Important Considerations

- Consult Healthcare Provider if:
  - Pregnant or recently post-partum
  - Have serious medical conditions
  - Experiencing severe mental health issues
- Practice Guidelines:
  - Avoid practice immediately after meals
  - Ensure comfortable room temperature
  - Practice at consistent times
  - Stay awake during the practice

## Instructions

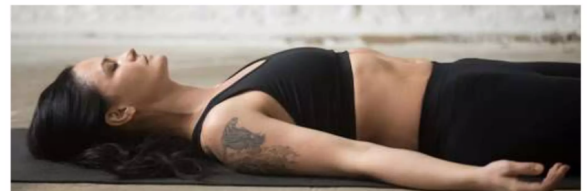
## Instructions

### Props and Session Duration

- Recommended Props :
  - Yoga mat or comfortable surface
  - Bolster or pillow under knees
  - Blanket for warmth
  - Eye pillow (optional)
- Session Duration :
  - Beginners: 20-30 minutes
  - Experienced: Up to 60 minutes
  - Regular practice: 1-3 times per week

### Preparation

- Lie in Shavasana (शवासन).
- Bring your awareness to the space between your body and the earth.
- Let your body soften and sink into the floor.



(Ref: Yoga Nidra - Dr Amit Chail)

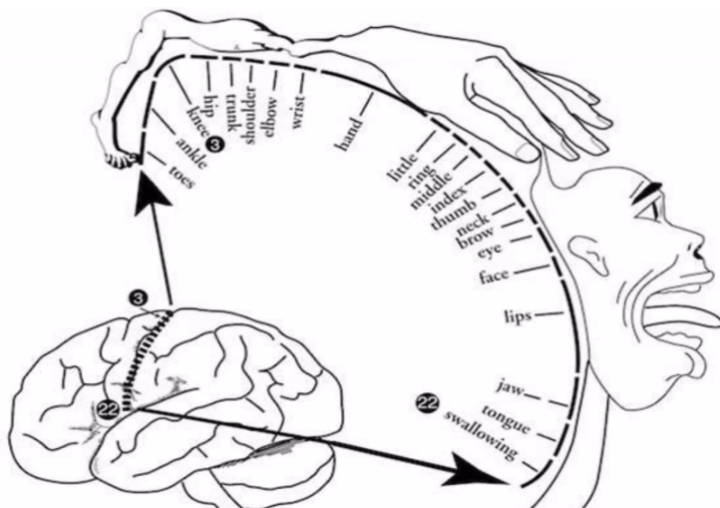
## Setting the Sankalpa (संकल्प)

- A positive "I am" statement to guide your Yoganidra practice.
- Examples :
  - "I am strong."
  - "I am peaceful."
  - "I am the witness."
- Repeat the Sankalpa 3 times at the start and end of Yoganidra.

## Rotation of Awareness (Abbreviated)

Focus on body parts :

- Right heel
- Left heel
- Right calf
- Left calf
- Right knee
- Left knee
- Right thigh
- Left thigh
- Both hips
- Lower back
- Upper back
- Right shoulder
- Left shoulder
- Back of the head



(Ref: Yoga Nidra - Dr Amit Chail)

## Breath Awareness

Breath Visualization :

- Visualize breath as golden light flowing up and down the spine.
- Inhale : light rises from the tailbone to the crown.
- Exhale : light flows back down.
- Feel the cosmic flow of prana (प्राण).

## Opposite Sensations

- Bring awareness to the sensation of heat
- Feel your whole body becoming warm.
- Shift awareness to cold. Feel the entire body cooling down.
- Release both sensations.
- Similarly : heaviness and lightness, pain and pleasure, love and hate, etc

## Guided Imagery

Journey through Nature :

- Imagine standing in a meadow, surrounded by a lush forest.
- Feel the warmth of the sun and smell the wildflowers.
- Walk into the forest, following a path that leads uphill.
- Reach a cave and discover a lit candle inside.
- Meditate on the candle's flame, with your Sankalpa inscribed on it.

## Exiting the Practice

- Repeat your Sankalpa 3 times.
- Bring awareness to the sounds around you.
- Slowly move and break Shavasana.

## Post-Practice Reflection

Journaling Guidelines :

- Record your experience immediately after practice
- Note any physical sensations experienced
- Document emotional states encountered
- Track progress over time
- Record any insights or revelations
- Compare experiences across different sessions

This reflection helps deepen your practice and track your progress.

## Towards End

# Conclusions

## Benefits

- Improves Sleep<sup>1</sup>
- Reduces Stress<sup>2</sup> and improves general well being
- Can help in improving glycemic control in Type 2 DM<sup>3</sup>
- Improves creativity, enhances memory and learning<sup>4</sup>
- Reduces cognitive and physical symptoms of anxiety<sup>5</sup>

1. Datta K, Tripathi M, Mallick HN. Yoga Nidra: An innovative approach for management of chronic insomnia-A case report. *Sleep Science and Practice*. 2017 Dec;1(1):7.
2. Dwivedi MK, Singh SK. Yoga Nidra as a stress management intervention strategy. *Purushartha: A Journal of Management Ethics and Spirituality*. 2016 May 12;9(1).
3. Amita S, Prabhakar S, Manoj I, Harminder S, Pavan T. Short Communication - Effect of Yoga-nidra on blood glucose level in diabetic patients. *Indian J Physiol Pharmacol*. 2009;53(1):97-101.
4. Bhushan S. Yoga Nidra: its advantages and applications. *Magazine of the Bihar School of Yoga*. 2001.
5. Ferreira-Vorkapic, C., Borba-Pinheiro, C. J., Marchioro, M., & Santana, D. (2018). The Impact of *Yoga Nidra* and Seated Meditation on the Mental Health of College Professors. *International journal of yoga*, 11(3), 215–223.

(Ref: Yoga Nidra - Dr Amit Chail)

## Benefits

- Yoga Nidra has beneficial effects
- Can begin from 10 min, twice weekly
- 20-30 min, 4-5 times per week
- Online videos
- Courses
- As a behavioural intervention
  - Acceptable
  - Feasible
  - Cost effective
  - No side effects
  - Not limited to any diagnosis

(Ref: Yoga Nidra - Dr Amit Chail)

- A meditative form, 8 stages
- State of deep relaxation with awareness
- EEG changes simulate sleep pattern (NREM)
- rCBF changes and endocrinal effects
- Improved general well being, coping and resilience
- Reduces symptoms of anxiety, depression, PTSD & insomnia
- Benefits in chronic pain, DM and PMS

## Resources for Further Reading

- Books :

- "Yoga Nidra" by Swami Satyananda Saraswati.
- "Yoga Nidra: A Meditative Practice for Deep Relaxation and Healing" by Richard Miller.
- "Yoga Nidra: The Art of Transformational Sleep" by Kamini Desai.