

Introduction to YogaNidra

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Introduction to Yoganidra

Yoga Nidra (योगनिद्रा) is a deep relaxation technique that:

- Relieves stress.
- Improves sleep.
- Accesses the bliss state (Ananda आनन्द).

Inspired by the Bihar School of Yoga, this script follows the inward journey through the Koshas.

Nidra vs Yoganidra

Nidra (निद्रा):

- Unaware, only physical relaxation.
- Unconscious state.

Yoganidra (योगनिद्रा):

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

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.

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.

Short Yoganidra Script

Preliminary Relaxation

- 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.

Rotation of Awareness (Abbreviated)

Focus on body parts:

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

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.

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.

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.

