

## Yoga Nidra

**Check everyone is comfortably in (Relaxation or Corpse Posture)**

**Shavasana**

**Shut the office door**

**Yoga Nidra (7 to 10 minutes)**

The most important thing during Yoga Nidra is to refrain from sleep because the aim is to heighten your awareness while being deeply physically, mentally and emotionally relaxed. This is the borderline between wake and sleep and produces deeply restful alpha brain waves which are much more restful than our usual busy beta brain waves. Concerned mainly with withdrawing the sense from sense-objects (**Pratyahara**) and concentration (**Dharana**) **2 other limbs of Yoga**

**Benefits of Yoga Nidra**

**It is said to be the doorway to enlightenment or (samadhi)**

**Minimises tension (muscular, emotional and mental tensions), trains the mind by asking you to make a resolve in a very relaxed state with strong determination and feeling, relaxes the mind, opportunity to process and begin to clear up unresolved thoughts and feelings, awakens creativity, enhances memory and learning capacity by using both hemispheres of the brain, counteracts distress by balancing the sympathetic and parasympathetic nervous systems, harmonises the two hemispheres of the brain and it is useful in helping with some psychological and psychosomatic disorders**

**Practice**

**Sounds (Pratyahara)**

Just listen to the instructions mindfully

Focus on the external sounds around you and then move from sound to sound with the attitude of a witness. The mind eventually loses interest.

**Breath** - There is no attempt to force or change the breath in any way.

Just watch the natural breath flow in and out

**Resolve**

Please focus on a statement of resolve of your own choosing (short, **clear and positive**). (This is called a **Sankalpa**) or it could be

“ **I care for my body with gentleness and compassion**”

Some of you may have your **own Sankalpa or statement of resolve-**

Silently Repeat your resolve three times

**Rotation of consciousness**

As we move through the different parts of the body it does not involve any movement, and it not necessary to visualise the particular body part only have to think of that body part and follow the sequence

Only three requirements

1. Remain aware
- 2 Listen to the voice
3. Move the focus according to the instructions

### **Circuits of body parts (Bringing attention, love & compassion)**

**a) Right thumb and ending with little toe of right foot** (thumb, fingers one by one, palm of the hand, wrist, the forearm, the elbow, upper arm, shoulder, right side of the back, right hip right thigh, knee, leg, ankle, foot, big toe, other toes of right foot ending with little right toe)

**b) Left thumb to the little toe of left foot** (thumb, fingers one by one, palm of the hand, wrist, the forearm, the elbow, upper arm, shoulder, left side of the back, hip thigh, knee, leg, ankle, foot, big toe, other toes of left foot ending with the little toe of the left foot)

**c) Heels to the back of the head** (feel the spaces where the back of your body does not touch your mat on the floor. **Focus** your awareness heels, calves, thighs, buttocks, lower back, upper back, shoulders the back of neck and the head)

**d) Head and individual facial features to the legs** (top and sides of head, forehead, each brow, each eyes, each ears, nose each cheeks, lips and mouth jaw, front and sides neck, chest, stomach, abdomen, pelvis, genital area, legs)

**e) The whole body relax the whole body**

**Awareness** is on the **Natural rhythm of the breath**. Simply **watch the breath**

#### **• Feelings and sensations**

(Relaxation on the plane of feelings and emotions. This harmonises the opposite hemispheres of the brain and helps in balancing basic drives and managing functions that are usually unconscious)

**Watch these feelings that I will mention with awareness and the manner of a witness**

Use pairs of opposites e.g. **cold and heat, heaviness and lightness, sorrow and joy, hate and love.**

#### **• Visualisation**

**In the space between your eyebrows visualise** a clear blue sky a **symbol of love, compassion, connection and gentleness enveloping you**

**• Repeat your Resolve or Sankalpa** three times again **with full dedication, faith and optimism**

#### **• Ending the practice**

Consider that you are lying in a relaxed and alert state in the arms of universal unconditional love

Go very **gently with the transition** back into the room. Slowly the awareness is externalised by becoming aware of external sounds, object and persons **Slowly stretching** and moving various parts of the **body in** what ever way seems **appropriate for your body with your eyes closed**

**Roll over onto right side with your right arm stretched out and your head resting gently. Eyes still closed. Gently open them & slowly come into a standing position for the casting of the circle and some gentle movement.**