

## YOGA NIDRA

Yoga Nidra is often referred to as yoga sleep. It is a practice that brings you into deep relaxation, offering you the benefits of a deep sleep. Twenty Minutes of Yoga Nidra is comparable to having eight hours of sleep. First we need to be asleep for several hours before we get to the deep sleep state. If we find it difficult to get to sleep or are disturbed before we get to deep sleep then the quality of sleep will be impacted.

A regular Yoga Nidra practice will help you to be relaxed which will be better for your well being than poor sleep or lack of sleep.

Yoga Nidra will re balance you.

During the practice you are awake but will feel deeply relaxed. You might find yourself losing concentration, but that is ok. You just drift in and out, coming back to the sound of my voice and picking up the practice. You might also just drift off and not be aware of hearing anything until the end.

Practice with an open mind.

Allow 30 minutes for this practice giving time to settle in and to come out slowly.

After settling in and focusing on your breath you will hear me taking you on a journey around your body, try to take your mind to each part as I mention it. We start with the right hand and right side of the body and then working our way around the whole body.

I will ask you to recreate a series of opposite sensations and lastly what we call rapid image visualisation where I will say different things and your mind will jump from image to image.

We will then return to the breath and close the practice.

### CREATE AN INTENTION.

What is your desired outcome from this practice? How do you want to feel?

Create a short sentence or a word that will be your intention.

### GET COMFORTABLE.

You can practice Yoga Nidra on the floor or on a bed. You do need to be laying down. Its often nice to place pillows or a bolster under your knees. Use a blanket to cover yourself up.

Choose a room and time where you won't be disturbed.

### RELAXATION

Get as comfortable as possible and settle into your position. Be aware of your body and the surface that you are laying on, the contact points, where your body meets this surface. Be aware of the feelings of your clothes against your skin, or any other fabric touching your skin.

Check in with your body, try and be as relaxed as possible.

Let your tongue rest in your lower jaw.

## BREATH

Begin to be aware of your breath. Be aware of the feeling of your breath in your nostrils. Place your hands on your abdomen and connect to the movement of your breath. Take a few deep breaths in through your nose and out through your mouth and then try and breathe only through your nose. Take time to slow your breath down and aim to breathe out longer than your in breath.

For example breath in for the count of 4 and out for the count of 6.

## **REPEAT YOUR SLEEP INTENTION TO YOURSELF 3 TIMES**

## ROTATION OF CONSCIOUSNESS

When you hear the part of your body being named take your awareness to this body part and say the name to yourself whilst holding your attention to each part. You don't move your body, you remain present and alert, however you might find yourself drifting off into relaxation and coming back to the sound of my voice. This is all ok.

Beginning on the right side of your body.

Take your awareness to the thumb on your right hand... 1st finger... 2nd finger... 3rd finger... 4th finger... Palm of hand... back of hand... wrist... forearm... elbow... upper arm... shoulder... armpit... waist... hip... thigh... knee... calf... ankle... heel... sole of foot... top of foot... right big toe... 2nd toe... 3rd toe... 4th toe... little toe.

Left side thumb st finger... 2nd finger... 3rd finger... 4th finger... Palm of hand... back of hand... wrist... forearm... elbow... upper arm... shoulder... armpit... waist... hip... thigh... knee... calf... ankle... heel... sole of foot... top of foot... left big toe... 2nd toe... 3rd toe... 4th toe... little toe.

Take your awareness to the back of your body.

The heel of your right foot... the heel of your left foot... right calf... left calf... right thigh... left thigh... right buttock... left buttock... lower back... middle back... upper back... the entire spine... right shoulder blade... left shoulder blade... back of the neck... back of the head.

Top of your head... forehead... right temple...left temple... right ear... left ear...right eye brow... left eyebrow...middle of your eyebrows... right eye... left eye... right nostril... left nostril... right cheek... left cheek...upper lip... lower lip... both lips together... chin... jaw... throat... right collarbone...left collarbone... right side of your chest... left side of your chest... upper abdomen... navel...lower abdomen... right groin... left groin... your pelvic floor.

Your whole right leg... your whole left leg... whole right arm... whole left arm... your face... your head... the whole of your torso.... the whole of your body... the whole body... your whole body.

## OPPOSITE SENSATIONS

### Lightness and Heaviness

Begin to create a feeling of lightness in your body. Like a feather that can be lifted by the breeze. Floating. Let this feeling of the breeze begin to lift you off the floor where you are laying. Experience the feeling of lightness as you float upwards, moving with the wind as it carries you higher and higher. Experiencing the sensation of weightlessness as you continue to float towards the sky.

You are now becoming heavier and you feel this heaviness in the whole of your body. You are now anchored to the ground and each breath takes you into a deeper sense of heaviness. Your limbs are heavy, your joints are heavy. The whole of you body is heavy.

### Hot and Cold

You are now cold, very cold, you are feeling chilly. Remember how you feel on a cold day, without enough clothing on to protect you. Feel the chill on your face and against your skin.

You now feel sunshine and warmth all over your body, the sunshine is strong and you feel its intensity on your skin. You feel heat all around you.

### Anxiety and Calm

Bring to mind a feeling of a memory of when you have felt anxious. Try not to get involved with the reasons, only remember the sensation of being anxious. Try to be as clear as you can to the detail of this experience.

Embrace the feeling of calm, like being wrapped up in a warm blanket this sense of calm is deeply comforting. You are safe, calm and comfortable.

### Rapid Image Visualisation

I am now going to name a number of different things. Try and picture each thing as I say it and connect if you can on an emotional level though either memory or imagination. Jump from image to image as soon as you hear each word.

Sand Dunes

Fog over a River

Dew Drops

The Sun Setting

A Beautiful Meal

Yourself Laughing

A Dog Barking

Children Playing

A Path in a Wood

Birds Singing

Mountain Peaks

A Bouquet of Flowers

The Ocean

Snow Falling

Kites Flying

Your Best Friend

A Full Moon

Holding Hnads

The Sound of my Voice

Yourself Laying Down

## INNER VISUALISATION AWARENESS

Become aware of what you can see behind your closed eyes. Be aware of any colours that you see and let this be where you let your mind rest. Observe any changes that you see, the flow, the depth, the variations. Developing a sense of detached awareness, this is when you know what you are seeing but you are not controlling or creating reason, just being here and now. When thoughts present themselves, repeat the thought to yourself without getting involved with the emotion of the thoughts. Practicing with a sense of detachment.

## RETURNING

Start to become aware of your breath, without control, just observe the movement of your breath in your body.

Begin to become aware of your body and the feeling of the surface beneath you. Be aware of the feeling of your clothes.

Try to remember the room that you are in and visualise yourself as you are now in this space.

Begin to breath a little bit deeper and slowly start to move your hands and feet. Freely move, stretch, do whatever feels instinctive.

Begin to repeat your SLEEP INTENTION 3 times to yourself.

Keeping your eyes closed bend your knees and roll to one side, slowly bring yourself up to a seated position.

Slowly open your eyes, keep your gaze down and focus for a few moments with whatever is in your view.

Come back into the room fully.

The practice of Yoga Nidra is now complete.