

## Body Mind Yoga Information Sheet

# Yoga Nidra – Deep Relaxation

### What is Yoga-Nidra

Yoga Nidra is a deep relaxation technique which through relaxing the mind and body reduces the effects of stress. It is a simple yet profound practice that induces deep relaxation into the whole body-mind system in a conscious way. It is often called psychic sleep because it's as though you are sleeping, yet you remain aware at a subtle level.

The main feature of Yoga Nidra is the systematic rotation of consciousness through different parts of the body. It may also involve visualisations, awareness of feelings, and awareness of breath.

### Making a Resolution

An important aspect of Yoga Nidra is the making of a resolve at the beginning and end of the practice. The deep relaxation that yoga nidra induces makes the subconscious very open to suggestion and this is a remarkably effective way to change old mental patterns and habits. A resolve can be anything you like, such as “i will be kind to myself” or “i will treat my body well” or “abundance flows into my life”. Making a resolve during Yoga Nidra means that it will come true if practiced regularly and the same resolve is made each time.

### Benefits of Yoga-Nidra

Yoga Nidra is such a simple practice, yet it has many therapeutic benefits and this is because many diseases arise from tensions in the body and mind. The following are a few of the disorders that respond well to the practice of Yoga Nidra.

- Insomnia (not only can yoga nidra help you to get to sleep, but even if you can't sleep it still gives you the same benefits as sleep. It is said that practicing yoga nidra gives you the equivalent of 2 hours of sleep)
- Anxiety
- Alcoholism and drug addiction
- Severe pain (Yoga Nidra relieves pain by stimulating the pituitary gland to release its own suppressing chemicals).
- Cancer

- Asthma
- Eczema
- Colitis and peptic ulcers
- Hypertension
- Rheumatoid arthritis and other autoimmune diseases

### **Practicing yoga nidra**

Although you can practice yoga nidra yourself – simply scanning through the different body parts, it is actually far more effective if you are guided by someone else.

It's best if you can be lying down in shavasana (legs long and arms a little way out from the body). But if this is not comfortable then semi supine is fine (knees bent with feet flat on the floor).

Choose a time and place that is free from distractions and ensure that you are warm enough.

The following is a very brief yoga nidra sequence that you can either read to a friend or record so that you can listen to it yourself.

Make sure you are comfortable. Become aware of your natural breath....your natural incoming and outgoing breath.....

Make a resolve for yourself...and repeat this resolve 3 times with feeling and awareness.

Then begin by bringing your attention to your right hand, right hand thumb, second finger, third finger, fourth finger, fifth finger, palm of the hand, back of the hand, wrist, elbow, shoulder, armpit, right waist, right hip, right thigh, knee cap, calf muscle, ankle, heel, sole of the foot, top of the foot, right big toe, second toe, third toe, fourth toe, fifth toe.....Breathing comfortably feel the whole right side of your body.....

And then become aware of your left hand, left hand thumb, second finger, third finger, fourth finger, fifth finger, palm of the hand, back of the hand, wrist, elbow, shoulder, armpit, left waist, left hip, left thigh, knee cap, calf muscle, ankle, heel, sole of the foot, top of the foot, left big toe, second toe, third toe, fourth toe, fifth toe.....Breathing easily become aware of the whole left side of your body...the whole right side.....and the whole left side...and then left and right together.....your whole body.....aware of your whole body.....breathing easily.....

