



Yoga Nidra

Information Sheet

What is Yoga-Nidra?

Yoga Nidra is a powerful technique for inducing physical, mental and emotional relaxation in a conscious way. It is often called psychic sleep because it's as though you are sleeping, yet you remain conscious (aware) at a subtle level.

The main feature of Yoga Nidra is the systematic rotation of consciousness throughout 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, from losing weight, to giving up smoking to living a more compassionate 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. This is because many diseases arise from tensions in the body and mind. The following disorders are those 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 (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 far more effective if you are guided by someone else, or by a voice on a CD. Yoga Nidra CDs are available through your instructor.

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

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