

Yoga Nidra is the science of complete relaxation.

The practice is a **guided meditation**. You will be **lying down**, in the position of Savasana.

Accompanied by the sound of my voice, you will be immersed in **deep relaxation**. During Yoga Nidra, you experience **body awareness**, bodily **sensations**, and **visualizations**.

The brain reaches a **delta state**, which lies between sleep and awakening. Nidra yoga is a structured practice articulated around an **intention** called a Sankalpa.

Rooted in a vast body of knowledge, Yoga Nidra has many virtues. On the most basic level (which is the practice that is included here), Yoga Nidra is a **comprehensive method** for maximizing **health** and **well-being**. It is particularly beneficial for **releasing stress** and **improving sleep**.

On a deeper level, it is a profoundly **spiritual practice** and somewhere in between, it is one of the most profound and accessible ways to positively **reshape the unconscious**.

Practical Guide:

- Lie down on your back, make sure you are in a comfortable position that you can remain in during the practice. If necessary cover your eyes with a light cloth, and your body with a blanket.
- If you fall asleep, it is fine as it might be what your body needs at this moment. Also, your brain is still listening so it is absolutely fine. With practice and time, you may be able to stay awake longer.
- Listen and enjoy

You can practice Yoga Nidra at any time of the day. A 20 minute Yoga Nidra practice is the equivalent to about 2 hours of DEEP sleep. So if you are feeling really depleted, this is a great daily practice to have. If you are NOT depleted, make sure you DON'T practice Yoga Nidra before bed, otherwise it might disturb your sleep.