




Trauma-Informed Yoga Nidra

Stephanie Hahn



Agenda

- About Yoga Nidra
 - Tips for Trauma-Informed Yoga Nidra
 - Yoga Nidra Practice
 - Q&A
- 



What is Yoga Nidra?

A state of consciousness that hovers between sleep and awake

Calm Beneath the Chaos

- Our minds are often busy, bouncing around from one thought or feeling to another
- But a state of quiet & stillness is always there beneath the busy-ness
- We tap into that place of inner peace with Yoga Nidra



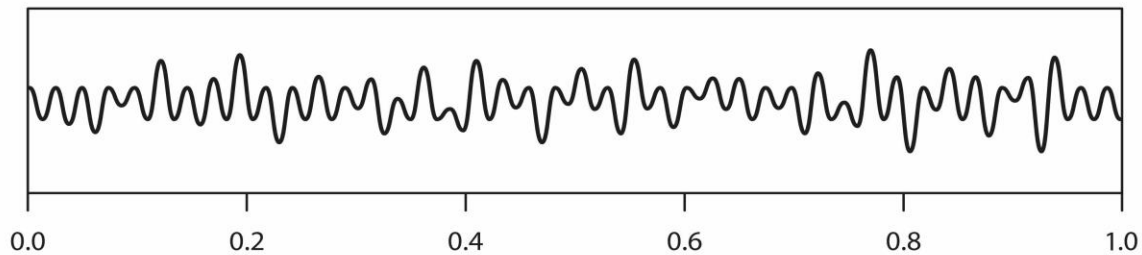


Natural State of Mind

Mindfulness &
compassion help to
release whatever is
blocking the “light”
(which is your mind’s
true, natural state).

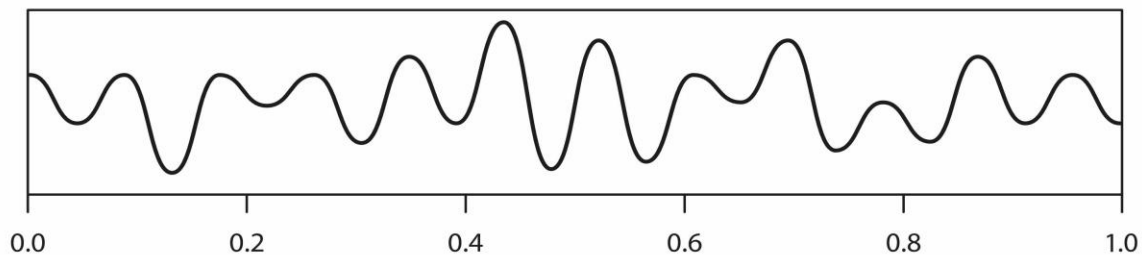
HUMAN BRAIN WAVES

BETA



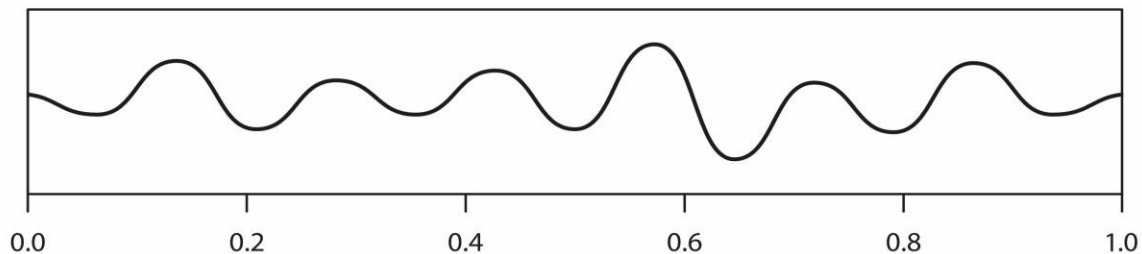
Normal, waking consciousness

ALPHA



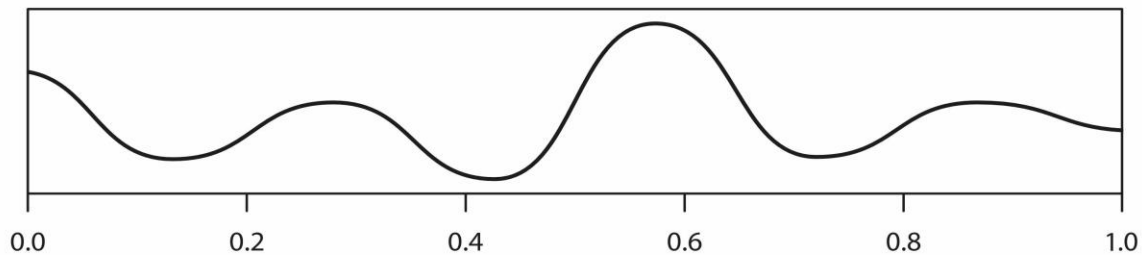
Relaxed, flow state

THETA



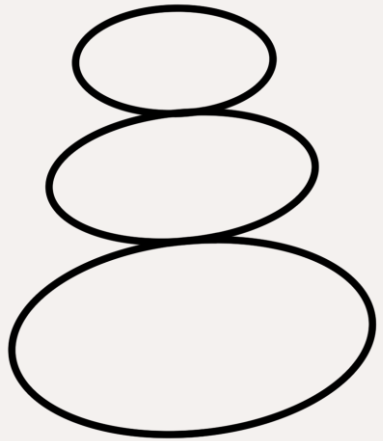
Light sleep or deep meditation

DELTA

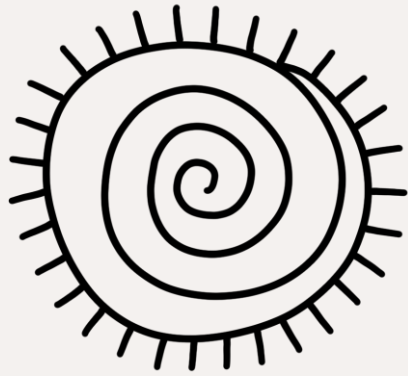


Deep, dreamless sleep

(Some) Benefits of Yoga Nidra



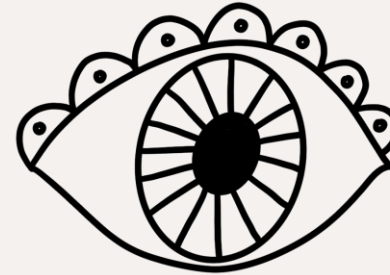
Inner Calm



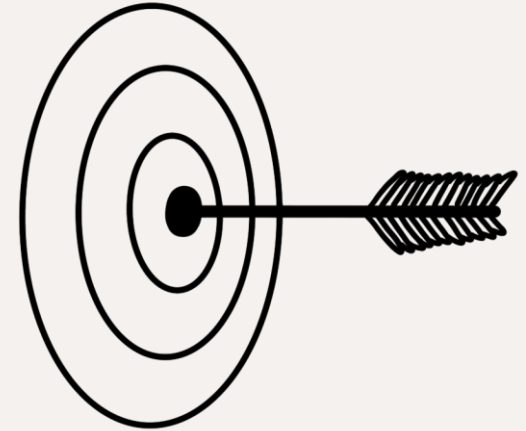
Vitality



Creativity




Clarity



Focus



Tips for Trauma-Informed Yoga Nidra

- Contraindications
 - Language
 - Breathwork
 - Tools for obstacles
- 



Today's Yoga Nidra Practice

Get comfy & let's begin...





Questions?

Thank you

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