



CHAPTER 1: HISTORY OF YOGA NIDRA

Please answer these questions after listening to the Short Yoga Nidra meditation.

1. Write down your Sankalpa.

2. During which part of the Yoga Nidra did you fall asleep, or were you able to stay awake the whole time?

3. How did you feel when you sat up at the end? Did your body or mind feel different?