

# Waking Up with the Yoga of Sleep

an online yoga nidra course with Scott Moore

## Before and After Test

This test is simply meant to both preview all the cool stuff you will learn in this course as well as to show yourself your incredible progress you've made when it's all done. You'll take this course both at the beginning and at the end of the course so please print this and keep it.

Please mark a yes or no (Y/N) in the left margin next to the question.

Can you name 4–5 benefit of Yoga Nidra?

Can you describe the basic Yoga Nidra prop set up?

Are you familiar with the terms and distinctions of:

- self vs Self
- True Nature
- True Self
- Source
- Awareness vs attention
- Ego (in the as it relates to Yoga Nidra)
- Both And Nature

Are you allowed to fall asleep in Yoga Nidra?

Can you define Yoga Nidra?

Can you define Yoga and do you know it's goal as per the Yoga Sutras?

Do you understand the difference between the experience and the practice of yoga?

Do you understand why Yoga Nidra is considered yoga?

Can you explain what Nidra means?

Do you know a little about Yoga Nidra's history?

Can you name the yogic school of thought where Yoga Nidra comes from?

Can you describe the difference between dualism vs non-dualism?

Can you designate between the Ego and the True Self?

Can you explain how that which is movable and changeable can illuminate the formless and eternal?

Do you understand the terms Perusha and Prakriti?

Can you name the two deities who represent Perusha and Prakriti?

Do you understand the three main stages of consciousness which humans may experience?

Do you understand what Samadhi is?

Can you explain the Sanskrit term Maya?

Can you explain the Sanskrit term Kosha?

Can you name the 5 Koshas and their basic attributes?

Do you understand how the illusions of the human experience illuminate what is real and True?

Do you understand the concept of Stereoscopic Consciousness?

Can you explain why presence is so vital to your core identity?

Can you explain why time is an illusion?

Do you understand the difference between stages of consciousness and states of consciousness?

Can you describe a flow state?

Can you name the five brain waves?

Can you describe how these brain waves interact with the stages of Yoga Nidra?

Do you understand the concept of layered Awareness?

Can you describe how we learn in fractals?

Do you understand the concept of entrainment on your brain waves?

Can you name 3–4 brain chemicals and how they are employed in a Yoga Nidra practice?

Can you describe why the brain isn't very flawed at distinguishing reality?

Do you understand the concept of “first sight?”

Can you explain how a near death experience remaps the brain?

Can you explain the process of systematic desensitization and habituation?

Can you explain how Yoga Nidra can help people who have experienced trauma?