

AGLOW YOGA

Yoga Nidra Therapy

A Guide for Healers & the World



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Accessible to All

Yoga Nidra, derived from the ancient tantras, is a yoga of meditation. In this practice, one appears to be asleep, the consciousness operates at a profound level of awareness. Unlike most meditation, Yoga Nidra doesn't require the concentrated effort to still your mind. It gently guides you towards withdrawing your senses 1 by 1, leading to a deep subconscious awareness and profound relaxation.

Profound Relaxation



Yoga Nidra works by systematically turning your mind inward, away from external distractions, allowing you to experience deep relaxation. This induces a hypnagogic state – the transitional phase between wakefulness and sleep – which fosters healing and rejuvenation. Scientific research shows that it effectively reduces stress, anxiety, and depression, while improving sleep quality and overall well-being.

Healing & Rejuvenation

Let's explore the numerous benefits of a regular Yoga Nidra practice and give you guidance and inspiration to get started. .

Yoga Nidra Helps You:

- Navigate between wakefulness & sleep
- Discover your body's natural state of equilibrium
- Achieve balance in your breath
- Balance your nervous system
- Unveil unconscious & conscious aspects of you



“In yoga nidra, we restore our body, senses, and mind to their natural function and awaken a seventh sense that allows us to feel wholeness, tranquility, and well-being,” says Richard Miller

Benefits of Yoga Nidra



Yoga Nidra offers numerous benefits, including:

- Deep Relaxation
- Stress Reduction
- Improves Sleep
- Emotional Healing
- Increases mindfulness & self-awareness
- Enhances creativity & Intuition
- Improved focus & concentration
- Reduces chronic pain & tension
- Boosts Immune System
- Balances Nervous System

Evidence-based Advantages

- **Reduces Stress and Anxiety:** Studies show that Yoga Nidra significantly reduces stress and anxiety levels by activating the parasympathetic nervous system
- **Improves Sleep Quality:** Research indicates that Yoga Nidra can improve sleep quality and reduce symptoms of insomnia
- **Enhances Emotional Regulation:** Yoga Nidra has been found to help individuals process and manage emotions more effectively, contributing to emotional stability and resilience
- **Boosts Cognitive Function:** Evidence suggests that regular practice of Yoga Nidra can enhance cognitive functions, including memory, attention, and executive functioning
- **Supports Pain Management:** Yoga Nidra has been shown to reduce chronic pain and improve the quality of life
- **Strengthens the Immune System:** Studies have demonstrated that Yoga Nidra can boost immune function by reducing stress hormones and promoting relaxation
- **Improves Heart Health:** Research indicates that Yoga Nidra can lower blood pressure and improve heart rate variability
- **Aids in PTSD Recovery:** Yoga Nidra has been effective in reducing symptoms of PTSD, helping individuals cope with trauma and improve their overall mental health

Steps To Yoga Nidra

Preparation: Settle into a comfortable lying position, usually lying down in Shavasna (Corpse pose) with a sense of physical stillness

Set an Intention (Sankalpa): Formulate a positive intention for your practice, which can be a specific goal or a broader affirmation

Rotation of Consciousness: Guided awareness is moved through different parts of the body, promoting physical relaxation and mental focus

Breath Awareness: Focus on the natural flow of the breath to deepen relaxation and center the mind

Opposite Sensations: Experience contrasting sensations, such as heat - cold or heaviness - lightness, to balance the nervous system and deepen relaxation

Visualize: Guided imagery evokes mental pictures that can be symbolic to personal experiences, aiding in emotional processing and subconscious exploration

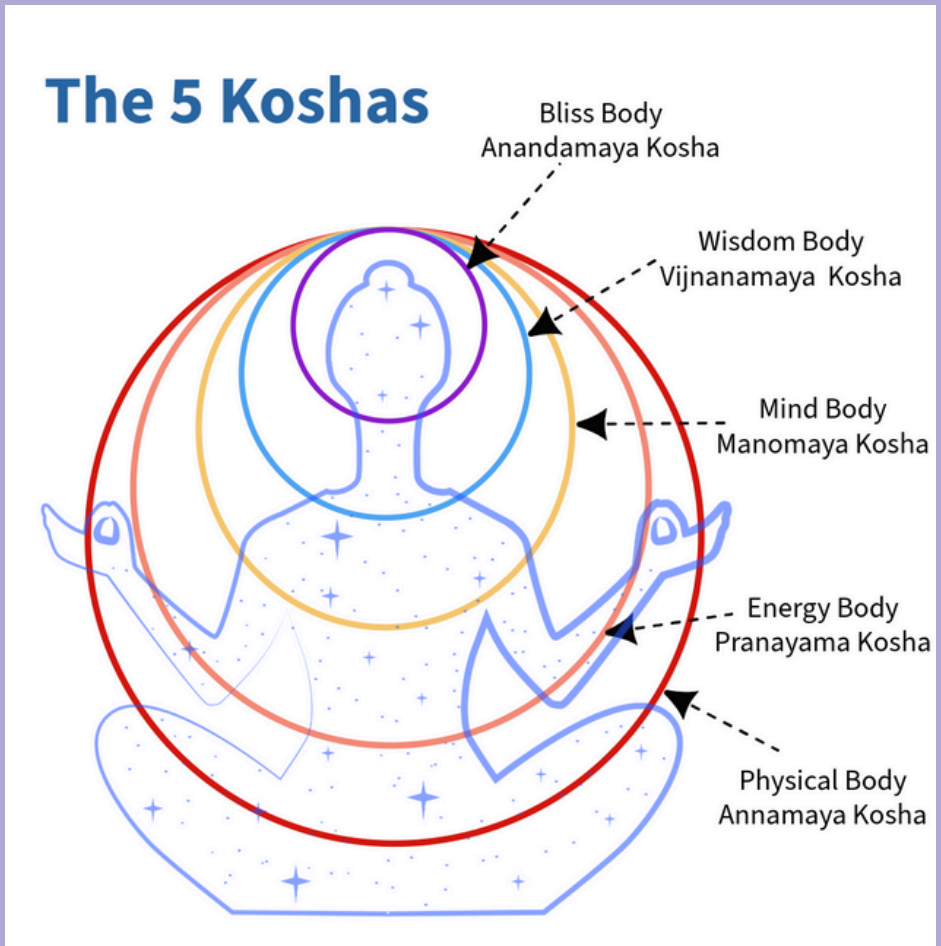
Repeat Sankalpa: Reaffirm your intention, reinforcing it within your subconscious mind

Return to Waking State: Gradually bring awareness back to the body and the presence



THE 5 KOSHAS

Traditional Yoga Nidra guides you through the 5 koshas, which represent layers of existence from the physical body to the innermost self.



Through the Energy Bodies

Walking you through the 5 Bodies (Koshas).

01

Physical Body: including bones, muscles, & organs

02

Energy Body: breath & life force

03

Mind: Thoughts, beliefs, & emotions

04

Wisdom: Intuition, Self-energy, higher knowledge

05

True Essence: Beyond the ego & mind into love

Basic Yoga Nidra Script

Preparation

- Find a quiet, comfortable space where you won't be disturbed.
- Lie down on your back in a comfortable position (Savasana), with your arms resting by your sides and palms facing up.
- Close your eyes and take a few deep breaths, allowing your body to relax completely.

Settle In:

- Begin by bringing your awareness to your breath. Notice the rhythm of your breathing, without trying to change it.
- Take a moment to set a Sankalpa (intention) for your practice. This could be a simple, positive affirmation such as "I am at peace" or "I am whole."

Body Scan (Annamaya Kosha):

- Start at the top of your head and slowly move your awareness down through your body. Bring attention to each part: the forehead, eyes, cheeks, jaw, neck, shoulders, arms, hands, chest, abdomen, hips, legs, and feet.
- As you focus on each part, imagine it relaxing and releasing any tension.

Basic Yoga Nidra Script

Breath Awareness (Pranamaya Kosha):

- Shift your awareness to your breath. Feel the rise and fall of your abdomen with each inhale and exhale.
- Begin to count your breaths from 1 to 10. If you lose count, gently bring your mind back to the breath and start again.

Emotion Awareness (Manomaya Kosha):

- Bring to mind a feeling of warmth & compassion. Allow yourself to feel this sensation fully.
- Now, think of an opposite emotion or sensation, such as coolness or neutrality. Spend a few moments experiencing this as well.

Visualization (Vijnanamaya Kosha):

- Visualize a peaceful place that brings you comfort and tranquility. It could be a beach, forest, mountain, or any place where you feel safe and relaxed.
- Spend a few moments exploring this place in your mind. Notice the sights, sounds, and feelings associated with it.

Basic Yoga Nidra Script

Bliss Body (Anandamaya Kosha):

- Allow your awareness to rest in the feeling of pure being. Let go of any thoughts or sensations, and simply be in this moment of stillness.
- If a thought or sensation arises, observe it without judgment and let it pass.

Returning:

- Gently bring your awareness back to your breath. Feel the rise and fall of your abdomen.
- Begin to wiggle your fingers and toes, slowly bringing movement back to your body.

Reflect and Integrate:

- Take a moment to reflect on your practice. Notice how you feel.
- When you're ready, slowly open your eyes and bring your awareness back to the room.

Affirmation:

- Conclude by silently repeating your Sankalpa (intention) three times, feeling it deeply within you.

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