



### **What is Yoga Nidra?**

Yoga Nidra is a guided, easy to do, sleep-based meditation practice that facilitates deep relaxation and healing. During the recordings you will be led through a series of exercises particularly designed to work on sleep disturbance and reducing and healing stress, respectively. We also use intention to help move you toward restful sleep and healing from the impacts of stress.

### **Benefits of Yoga Nidra:**

Yoga Nidra works at three primary levels (physical, psychological, and spiritual) and because of this, it is a particularly powerful tool for healing from stress. Yoga Nidra brings you back into balance in five different ways, each of them working on each of the three levels.

Firstly, as with all meditation, Yoga Nidra helps us with Realization, the awareness of ourselves beyond our body and mind. This experience of realization helps us connect with, and learn to listen to, our inner wisdom.

Secondly, Yoga Nidra facilitates Integration, or the release of blocked energy (mental, emotional, and physical). Integration helps the body and the mind return to its natural state of balance and health.

Thirdly, Yoga Nidra facilitates Disidentification, or detachment from thoughts and habit patterns. We have our thoughts and patterns but we are not our thoughts and patterns. Disidentification helps us see our thoughts as they are and creates space for us to respond to life consciously, rather than habitually.

Fourthly, Yoga Nidra uses Intention to consciously place our attention on the things we want in life. This allows us to target particular things we want to change in our life. For example in the

Yoga Nidra for Insomnia we will use the intention, “I sleep deeply and wake rested” to create a new channel of thought and behavior to help you move into a place where that is true for you.

And lastly, Yoga Nidra facilitates Restoration of balance in body and mind. The exercises I will guide you through in these Yoga Nidra recordings help balance both the sympathetic nervous system (where your fight or flight response originates) and the parasympathetic nervous system (the “rest and digest” part of your brain). This is very important for healing from stress as often imbalances get into a self-perpetuating loop. Recreating balance helps heal the impacts of stress and also helps prevent future damage from past stress reactions.



During the practice of Yoga Nidra the body releases melatonin (which helps you sleep), dopamine (which creates a sense of wellbeing and reducing impulsivity), serotonin (which increases sense of satisfaction), GABA (which is tied to boosting one's mood and increasing a sense of calm), and the human growth hormone (which, as you might guess from the name, helps with cellular repair and healing).

Yoga Nidra has been shown to reverse metabolic imbalances caused by living with chronic stress and people see benefits in blood pressure, cholesterol levels, and weight. People in one study who regularly practiced Yoga Nidra saw improved mood, more regulated emotional reactions, and improved memory within eight weeks. You will get the maximum benefit from Yoga Nidra if you practice at least 3-5 times a week. You can use these two included Yoga Nidra recordings or visit our website to purchase others.

### **Getting yourself set up:**

This practice is best done lying in a quiet place where you will not be disturbed. It can also be done in a comfortable seated position but you will likely find yourself better able to relax when you are able to lay down.

You may want to cover yourself with a blanket as your body temperature tends to drop as you relax. You may want a pillow under your knees so that your back can release to the floor and a small pillow under your head so that your spine is supported and in alignment. For extra melatonin release consider practicing Yoga Nidra in a dark room or wearing an eye mask.

If you have sleep apnea you may prop yourself up on more pillows so that the bend is in your waist and your



spine is elevated but straight and in alignment. If you are pregnant, or for any other reason cannot lay on your back, you may lay on your side in a comfortable position being careful to align your spine and support your head and knees.

**Other things to know:**

These particular recordings are of The Amrit Method of Yoga Nidra. This method uses points of silence throughout the meditation to allow you to drop into deeper and deeper states of relaxation. It is common for people to drift in and out of states where you are consciously and unconsciously hearing what is happening around you. If you drift back into conscious listening and do not hear my voice, rest easy, I will be back.

It can sometimes feel as if you have fallen asleep during Yoga Nidra and that is okay. If your body needs sleep, you may fall asleep. If you do, you still receive the benefits of the meditation. Most of the time we feel we are sleeping during Yoga Nidra we are actually entering into a state of relaxation so deep that our brain wave states are the same as when we are in a deep sleep. You will know the difference if you come up out of the practice as you are guided to do so. You cannot do this wrong!

The three best times to practice Yoga Nidra are when you first wake up in the morning (get yourself started on your day from a relaxed and in-tune place!), around 2pm (a Yoga Nidra meditation is as beneficial as a three hour nap but can be done on your lunch break!), or right before bed (do a little internal spring cleaning before bed). Bedtime Yoga Nidra is especially effective for helping reduce sleep disturbances.

