

What is Yoga Nidra?

Yoga nidra meditation is “yogic sleep.” Through a series of guided instructions the body is led into a state of supreme relaxation where the unconscious and subconscious mind awakens, opening the potential for deep healing. You get to lie the whole time. Initially, yoga nidra feels like a really nourishing nap, but ultimately the intention of yoga nidra is to liberate a person from suffering.

Forty-five minutes of yoga nidra meditation feels like three hours of sleep in the body.

Key Benefits

- **Minimizes tension and counteracts stress.** In our modern world, many people are in a state of tension and frustration - muscular tension, emotional tension and nervous tension. The mind is always in a state of arousal. In the practice of yoga nidra meditation, the mind is relaxed through breathwork and guided rotation through the body, thereby releasing the mental tensions. As a result, through a regular practice of yoga nidra, tensions at the physical, emotional and mental level can be minimized.
- **Relaxes and trains the mind.** The subconscious mind is obedient. During yoga nidra meditation we use a sankulpa, a deep heartfelt intention, and plant it in the subconscious mind when the body is relaxed and ready to absorb and accept it. Also, when awareness is rotated on the different body parts during yoga nidra meditation, it not only induces physical relaxation but also clears the nerve pathways to the brain.

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Key Benefits

- **Improves sleep and reduces insomnia.** Yoga nidra trains the mind and body to relax and move more easily into the deeper states of sleep.
- **Clears up unconscious conflicts.** From early childhood, we tend to repress wishes, desires and conflicts. During yoga nidra meditation the practice of visualization brings the unconscious repressed desires, experiences, conflicts and frustrations to the conscious level and then cuts off the personal identification with those experiences. As a result, the unconscious is cleared up.
- **Awakens creativity.** When the mind is totally relaxed, the awareness slowly enters the deeper realms (subconscious and unconscious) of the mind and the person becomes aware of their creative and intuitive faculties. Regular practice of yoga nidra helps in making a bridge between the conscious and unconscious mind, awakening creativity.
- **Enhances memory and learning capacity.** When yoga nidra meditation is used in education, both hemispheres of the student's brain are involved in learning the subject, whereas in classroom teaching the left hemisphere functions more. In this way, the practice of yoga nidra meditation involves the total mind in learning.