

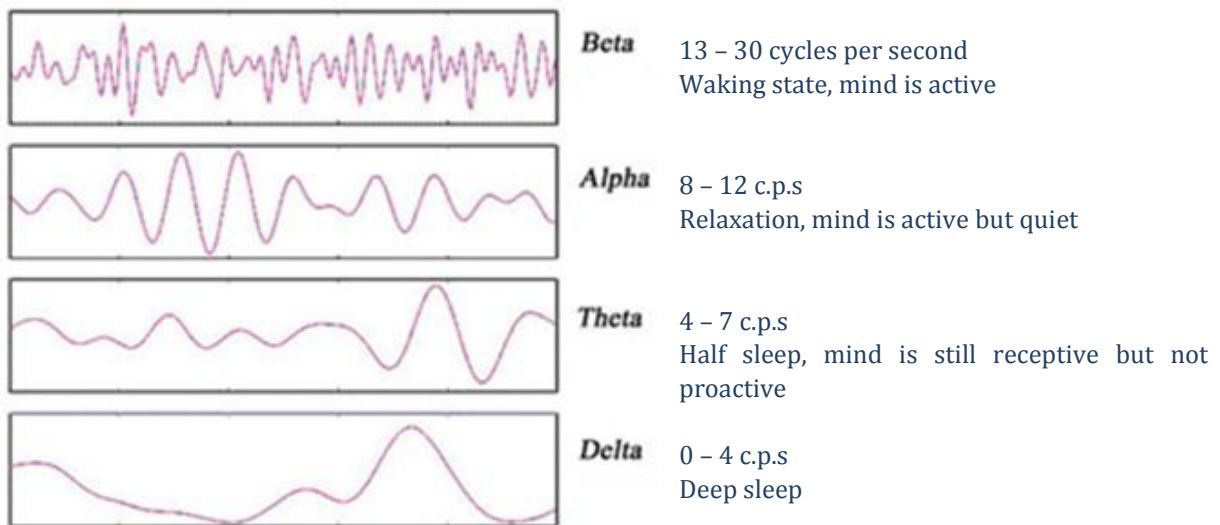
Yoga Nidra - as taught by Swami Satyanada

Yoga Nidra is a deep relaxation technique for mind body and soul.

The benefits of Yoga Nidra are numerous, it relaxes the mind and minimizes tensions; muscular, emotional and mental tensions. Studies have shown that a 30 minute Yoga Nidra session is equivalent to 3 – 4 hours of sleep.

Yoga Nidra and The Brainwaves

In Yoga Nidra we move between Alpha and Theta



Practice

1. Preparation
2. Relaxation
3. Sankalpa
4. Rotation of Consciousness
5. Breathing
6. Visualization
7. Sankalpa
8. Finish



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