

Yoga Nidra

Yoga Nidra is a good way to relax the body and mind. Students can fall asleep if they want. The ultimate goal is to reach the state of relaxed awareness before falling asleep. This will come with practice. This is a script for a 40 minute class of Yoga Nidra.

0. Chant Om three times. Students can do this laying down or they can just listen to you.
1. Lay down comfortably. Use any cushion or blanket to make sure you are completely comfortable. If you prefer you can also lie down on your side in Baby Krishna Pose. Try to lie still during the practice, but if you feel uncomfortable you can move gently.
2. Gently close your eyes. Letting go of any tension in your body and mind. Feeling light and peaceful
3. Bring your awareness to your breath. Easy, relaxed breathing in your stomach. Observe the movement of your breath with each inhalation and exhalation.
4. Take 3 deep breaths. With every exhalation (through the mouth), let your body sink deeper into the floor / let go of any physical and mental tension.
5. Bring your awareness to the sounds outside of the yoga hall. Without getting attached to the sounds, observe everything you hear outside of the yoga hall (hear the rain, wind, leaves of the trees, birds, cars/traffic etc).
6. Bring your focus to the inside of the yoga hall and observe everything you can hear inside of the yoga hall (hear the sound of my voice, small movements of your classmates, the breath of your classmates, clock ticking, insects etc).
7. Bring your awareness to your physical body. Observe your physical body lying down heavily on the floor. (Observe your heartbeat, your breath going in and out, small movements of the intestines, etc).
8. Feel your body getting heavier and heavier.
9. Body scan (bring your awareness to your right foot, feel the toes of your right foot, the skin surrounding your toes. Let all the toes of your right foot sink into the floor. Bring your awareness to your right heel, feel the weight of your right heel. Your right heel is sinking into the floor. Bring your awareness to your whole right foot. Feel the cloth surrounding your right foot / air gently touching your right foot. Your right foot is melting into the floor. Bring your awareness to your right ankle. Same routine as above, so right foot, ankle, calves and shin, knee, thigh / upper leg. Then: bring your awareness to your whole right leg. Feel how your whole right leg is laying on the floor. Your whole right leg is melting into the floor. Then start with the other leg, same routine. Then hips, back / spine, stomach and chest, shoulders, arms and hands (fingers, wrists, underarm, elbow, upper arm; let your arms and hands sink into the floor), neck and throat (feel the space inside your throat), head and face (bring your awareness to your forehead, eyes, cheeks, nose, chin, mouth, tongue; your whole face and head are melting into the floor).
10. Your entire body is melting into the floor, you feel light / peaceful / relaxed.

11. Keep 2 minutes of silence.

12. Keep this peaceful feeling with you as you slowly bring your awareness back to your body. Take two deep breaths. Become aware of your physical body. Becoming aware of the yoga hall and the people around you.

13. In your own time coming back into a sitting position.

14. Chanting Om, Shanti three times