

Yoga Nidra for Stress Management

- Prepare yourself for the practice of Yoga Nidra.
- Lie down on your back on the floor. And a place where you won't be disturbed. Your arms should be slightly away from the side of your body Palms up. Your feet shoulders width apart. Your clothing should be suitably loose.
- During the practice of Yoga Nidra There should be no physical movement of any kind. We're going to develop complete relaxation throughout the entire body. It's like the feeling you have just before you fall asleep say to yourself mentally now. I will not sleep. I'll remain awake and aware throughout the practice of Yoga Nidra.
- During Yoga Nidra the functions of hearing and awareness are of Paramount importance. Simply listen to my voice and the instructions I give if thoughts come to disturb you from time to time, don't worry just continue with the practice. Now I'd like you to take a deep breath in. Into the abdomen
- And slowly and gently exhale.
- Become aware of a feeling of inner relaxation in the entire body.
- Become aware of the body from the top of your head to the tips of your toes.
- I'm not going to ask you to make a resolve a resolve can be any positive statement such as I choose to live within a piece. I wish good for humankind. I choose to live with an open heart Etc. Keep it simple. Make it a short positive statement. And mentally repeat it to yourself three times with awareness feeling and emphasis.
- We're now going to begin the rotation of Consciousness rotating awareness by taking a trip through the various parts of the body. Quickly move your attention from part to part. Repeat the part in your mind and simultaneously become aware of that part of the body. Keep yourself alert, but don't concentrate too intensely. Become aware of the right hand.
- The right hand thumb
- The second finger The third finger
- The fourth finger
- The palm of the hand
- The back of the hand The wrist

- The lower arm
- The elbow
- The upper arm
- The shoulder
- The armpit
- The right waist
- The right hip the right thigh.
- The kneecap
- The calf muscle
- The ankle
- The heel
- The sole of the right foot
- The top of the foot
- The big toe
- Second toe
- Set
- Fourth toe
- And fifth toe
- Become aware of the left hand thumb.
- Second finger
- Third finger

- Fourth finger
- Fifth finger
- The palm of the hand
- The back of the hand The wrist
- The lower arm
- The elbow
- The upper arm
- The shoulder
- The armpit
- The left waist
- The left hip
- The left Phi
- The kneecap
- The calf muscle
- The ankle
- The heel
- Was sole of the foot The top of the foot
- The big toe
- Second toe
- Third toe
- Fourth toe and fifth toe now we move to the back Become aware of the right shoulder blade.

- The left shoulder blade
- The right buttock
- The left buttock
- The spine
- The whole of the back together The whole of the back together
- Now move your awareness to the top of the head.
- The forehead
- Both sides of the head
- The right eyebrow
- The left eyebrow The space between the eyebrows
- The right eyelid
- Left eyelid
- The right eye
- The left eye
- The right here
- The left ear
- The right cheek The left cheek
- The nose
- The tip of the nose
- The upper lip
- Lower lip

- Election
- The throat
- The right breast
- The left breast
- The middle of the chest
- The navel
- And the abdomen
- The whole of the right leg
- The whole of the left leg
- Both legs together the whole of the right arm
- The whole of the left arm
- Both arms together
- The whole of the back
- The buttocks the spine the shoulder blades
- The hole in the front the abdomen and chest
- The whole of the back and front together
- The whole of the head
- The whole body together
- Remember do not sleep remain awake and aware.
- Be aware of the whole body lying on the floor.

- Become aware of your breath. Feel the flow of your breath moving in and out of your lungs notice that the breathing is natural and automatic. You are not doing it and there is no effort involved.
- Become aware of the naval rising and falling slightly with each breath.
- We'll each breath that expands and contracts.
- Now I'd like you to start counting your breaths backward from 27 to 1 like this 27 Naval Rising. 27 Naval falling and so on Say the words and numbers mentally to yourself as you count your breaths. If you make a mistake go back to 27 and start again.
- Now shift your attention, your awareness to the nostrils become aware of the breath moving in and out of the nostrils.
- Concentrate on the movement of the breath and again From 27 to 1 breathing in and out
- Now I want you to stop your accounting and leave the breathing to take care of itself as we come to visualization. I'm going to point out a number of different things to visualize if you have trouble or difficulty with any of these images, don't worry, you can't do this wrong. Simply allow yourself to experience the images that you can visualize.
- A burning candle
- A burning candle
- An endless desert an endless desert
- Torrential rain torrential rain
- Snow capped mountain A snow-capped mountain
- A flock of birds flying across some clouds in the distance a flock of birds flying across some clouds in the distance.
- The sun rising behind some trees
- The sun rising behind some trees
- A Starlit sky at night and a full moon.
- A Starlit sky at night and a full moon.

- Now it's time to repeat your resolve repeat the same resolve you made at the beginning of the practice. Don't change it repeat the resolve three times with full awareness and feeling
- Now relax all your efforts and draw your mind outside and become aware of your breathing.
- Become aware of the whole body.
- Your whole body lying on the floor quietly.
- Awareness of your body from the top of your head to the tips of your toes.
- Become aware of the floor and the position of your body lying on the floor.
- Visualize the room around you. Mentally become aware of your surroundings.
- Like quietly sometime and keep your eyes closed.
- No, stop moving your body and stretching yourself. Please. Take your time. Don't hurry.
- When you're sure that you're Wide Awake sit up slowly and open your eyes.
- The practice of Yoga Nidra is now complete.