



# WHAT YOGA NIDRA IS & WHY YOU NEED IT IN YOUR LIFE

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 mind awakens, opening the potential for deep healing and creative energy to flow. You get to lie the whole time. Initially, yoga nidra feels like a really nourishing nap, and ultimately the intention of yoga nidra is to liberate a person from suffering.

The Yoga Nidra journey offers an opportunity to take off your protective layers– it is like a cleansing of your body, mind, and spirit– and when the protection comes off you no longer need to hide from who you are. When you show up in your own skin, the light of who you are can shine through and all issues around you blow right through you without gripping you. So instead of being triggered by issues around you and lose your way in the world, Yoga Nidra helps you remember who you are, and free you up to live in your fullness of your expression.

*Forty-five minutes  
of yoga nidra  
meditation feels  
like three hours of  
sleep to the body!*

## **enhance memory and learning capacity**

When Yoga Nidra meditation is used in learning, both hemispheres of the brain are involved in learning the subject. In this way, the practice of Yoga Nidra meditation involves the total mind in learning.

## **awakens creativity**

When the mind is totally relaxed, the awareness slowly enters the deeper realms of our unconscious mind and you become more aware of your creative and intuitive mind. Regular practice of yoga nidra helps making a bridge between the conscious and unconscious mind, and awakens your creativity.

## **relax and train the mind**

The unconscious mind thinks in symbols and abstractions. During the Yoga Nidra meditation we create deep heartfelt intentions and plant it in to the unconscious mind during the state of deep relaxation.

## **improve sleep and reduce insomnia**

Yoga Nidra takes you in to a deep relaxation and trains your mind to and body to move more easily in to the deeper sleep. As a menopausal women with bouts of insomnia, Yoga Nidra has been invaluable in bringing restful sleep.

## **clear unconscious conflicts**

While growing up we suppress parts of who we are, our wishes, desires, or perceived faults, in order to fit in to our family, culture and society. This often leads to unconscious conflict as our deeper desires want to be expressed and as our shadows start to become more bothersome. During Yoga Nidra Meditation the practice of visualization brings the unconscious repressed desires, experiences, shadows to the conscious level to be cleared.

## **reduce tension and stress**

In today's connected society we're constantly bombarded with stimuli putting us in a state of tension; muscular, emotional, and nervous tension. There's always more to do than there is time or energy for, putting our minds in a constant state of activation. Yoga Nidra relaxes the mind through conscious breathing and body awareness releasing this tension.