



YOGA NIDRA FOR RELAXATION, SLEEP, AND HEALING

Begin by finding a comfortable position, lying on your back. Let your feet fall slightly apart and your arms rest by your sides, palms facing upwards. Make any adjustments needed to feel completely comfortable and at ease.

As you settle in, take a deep breath in, filling your lungs with air, and exhale slowly, letting go of any tension. With each breath, feel yourself sinking deeper into relaxation. Allow your body to feel heavy on the mat, surrendering to the pull of gravity.

Now, gently close your eyes and bring your attention to the present moment. Notice the rhythm of your breath, the gentle rise and fall of your chest. With each exhale, release any lingering thoughts or distractions. Give yourself permission to be here, in this moment, fully relaxed.

We will now begin a journey of sensory awareness throughout the body. Bring your attention to the top of your head. Notice any sensations here. Gradually move your focus to your forehead, your eyes, your cheeks, and your jaw. If you notice any tension, gently let it melt away.

Allow your awareness to flow down to your neck and shoulders. Breathe into these areas, releasing any tightness. Move your attention down your arms, to your hands, and each of your fingers. Feel the wave of relaxation as it travels down your body.

Bring your focus to your chest and your heart center. Notice the gentle, rhythmic beating of your heart. With each beat, feel a sense of peace spreading throughout your body.

Shift your awareness to your abdomen, your hips, and your thighs. Observe any sensations here. Let this feeling of relaxation move down to your knees, your calves, your ankles, and finally to your feet and toes.

Your whole body is now deeply relaxed. Feel the support of the earth beneath you. Imagine a wave of healing energy flowing through you, from the tips of your toes to the top of your head. This energy brings tranquility, healing, and deep rest.

Now, envision yourself in a place where you feel completely safe and at peace. This could be a beach, a forest, a mountain, or any place that resonates with you. In this place, you are free from all worries and stress. Allow yourself to experience this place fully - the sights, the sounds, the smells.

As you rest in this peaceful place, affirm to yourself: "I am relaxed, I am safe, I am healed." Let these words echo in your mind, reinforcing a state of deep relaxation and healing.

Stay in this peaceful state for a few moments, letting the benefits of this practice seep into your being. Know that you can return to this place of peace and healing anytime you need.

When you are ready, slowly begin to bring your awareness back to the present. Gently wiggle your fingers and toes. Move your hands and feet, waking your body up from this state of deep relaxation. Take a deep breath in, and as you exhale, gently roll to your right side, keeping your eyes closed. Rest here for a moment.

When you feel ready, gently push yourself up to a seated position. Open your eyes. The practice of Yoga Nidra is now complete.

Carry this sense of peace and relaxation with you as you continue with your day or drift off into a restful sleep. Namaste.