



## What is Yoga Nidra?



*Yoga Nidra induces deep relaxation of mind and body causing a reduction in stress level. The practice helps to cope up with depression and anxiety. It contributes improving concentration and memory. Yoga Nidra is considered a great stress buster. It helps you to connect yourself.*

*Yoga Nidra is a systematic method of inducing complete physical, mental and emotional relaxation. Yoga means union or one pointedness and Nidra means Sleep: Deep Relaxation with inner awareness. Pratyahara state, where mind and mental awareness are dissociated from the sensory channels.*

### **Benefits of Yoga Nidra**

- *Effective in Stress Management.*
- *Improves Psycho-Physiological Rejuvenation*
- *Prevention and Management of Psychological Disorders.*
- *Useful in Post-Traumatic Conditions and Rehabilitation.*
- *Increases the Memory and Concentration.*
- *Integrates the Hemispheres and Brings Harmony.*

*I would like to share with you what's going on in your brain while you are practicing Yoga Nidra and why "the best nap of your life" always leaves you feeling so refreshed.*

*During Yoga Nidra practice you are prompted to feel your body and your breath using a specific technique that takes you out of "fight-flight-freeze" state and triggers the relaxation response.*

*The relaxation response is the activation of the parasympathetic nervous system. This shift to restful mode in turn aligns the activity of your right and left brain hemispheres.*



*In the process, your brain shifts from beta brain waves (state of awakening with lots of brain activity), to alpha brain waves (a more relaxed state which is associated with sitting in a relaxed position with eyes closed and visual channel disconnected.)*

*In alpha, the mood-enhancing hormone serotonin gets released, and brings about a feeling of calm. There is a scientifically studied link between anxiety and how much time we spend in a state where beta brain waves prevail. So as you move into alpha-state, you are slowing down the brain activity and beginning to shift into a state of rest.*

*From alpha, you continue to transition into a deep alpha and theta brain-wave state, which is also referred to as “the dream state”, or REM state. Your thoughts slow down even more. Here, you are more likely to experience enhanced learning processes (common state for kids and creatives). This is also a state where we process our emotions, and release the ones that no longer serve us. This state is associated with hearing sounds or seeing images – just like you do when you are dreaming.*

*After theta, you dive into blissful delta brain wave state. Your thoughts continue to slow down. This is the most restorative and restful state, in which your organs regenerate and the body metabolizes cortisol – the stress hormone, and moves it out of your system.*

*Sadly, under normal circumstances, very few of us get enough delta-quality rest on a regular basis, which means we are not allowing our bodies, brains and vital organs to regenerate fully.*

*This is why adding Yoga Nidra to your menu of self-care practices is so important.*



## Fundamentals of Yoga Nidra

*“Our essential nature is boundless consciousness. We are rooted in it when the mind focuses and settles.” ~Yoga Sutras 1.3~*

*Our minds have the tendency to remain occupied with the numerous thoughts and problems which crop up from our day-to-day affairs. Most of us remain stressed out with our unresolved issues and by the end of the day when it is time to sleep, we take our problems with us to bed.*

*The next day when we wake up the problems from the previous day are still hovering and lingering in our mind and at day end, newer problems just pile up further. We end up repeating this scenario and burdening ourselves to a breaking point where we start to lose focus and direction.*

*Before life becomes a burden to us, we need to learn to let go without giving up and yoga teaches us just that. Different yoga teachers have diverse ways to aid the relaxation of the mind and Yoga Nidra is one very effective technique.*

*Visit us at <https://www.yoursoulhealingjourney.com/> to schedule your next Yoga Nidra session. We look forward to helping you on your healing journey.*

*Leslie Rowans*

*Owner, Your Soul Healing Journey*