

YOGA NIDRA MEDITATION

Before you begin, please create your “Yoga Nidra Nest”- use a blanket to cover the mats, set up and rest in queens pose (or savasana) with a bolster under the knees. Eye pillows are optional, and a blanket to cover the body is optional as well. If able, please take the time to make yourself comfortable. Comfort is important and necessary nourishment!

Begin with several rounds of relaxation breath (4-7-8 breath) to allow yourself to fully arrive in the space/practice.

Yoga Nidra Meditation Script:

*Note: It is recommended to record yourself reading the script, have it read to you, or to listen to the meditation on Skyterra Interactive rather than trying to read during your meditation practise.

Taking a deep breath in to contentment and comfort that at this time nothing else matters. Everything is just right. You have nowhere to be and nothing to do. Just allow yourself to be here now to simply feel your body and listen.

Do not worry of become troubled if you do not hear everything I say. It is natural to flow in and out of conscious hearing. Trust that the deepest part of your core self is always listening. And whatever you experience today- this practice- you will still receive the benefits. There is no wrong way to practice yoga nidra. Simply listen without trying too hard.

You are in a safe environment, a protected natural space - a held space. Come into stillness now and remain still. Honor this time for deep rest- deep nourishment. Begin by feeling your natural breath. Breath flowing into your body, through your body. With every exhalation allow your bones to become heavy. Feel your bones heavy and sinking into the earth. Relax, and release bones heavy and sinking into the earth.

Go deep inside, deep inside now- to notice your hearts deepest longing. What does your heart desire? Create a sankalpa- this is an intention of affirmation- based on your hearts longing. It is a positive statement in the present tense, as though it's already happening. For example, I flow through life with ease and peace. I am relaxed. Now come up with your own sankalpa and state it three time silently as though it's already happening.

Allow the awareness to travel through the body now, on a journey of sensation. Simply feel each part, as it is mentioned, and without moving- remain still. Notice all sensations just as they are. (Pause)... Welcome all sensations just - as they are.

Begin with the mouth. Feel your mouth. Feel sensation in your mouth. Feel your jaw- lips- upper lip- lower lip- notice where the lips touch. Feel the inside of the mouth. Roof of the



mouth. Under the tongue- upper teeth and gums- lower teeth and gums- tongue- roof of the tongue- center of the tongue- tip of tongue. Notice the sense of taste in the mouth. Feel the left inner cheek. Right inner cheek. Now feel all the parts together as a whole- as sensation- as energy- as radiant vibration.

Now feel your nose. Notice the nostrils. Left nostril. Right nostril. Both nostrils. Notice the breath- nasal passages. Follow the nasal passages all the way back into your head.

Become aware of your ears. Right ear- left ear- both ears together. Feel the wrinkles and folds of the ears- backs of the ears- earlobes- ear canals. Follow the ear canals into the inner ear. Notice your ears receiving sound, listening. Feel your ears hearing.

Now feel your eyes. Left eye- right eye- both eyes. Notice eyelids- feel each eyelash. Notice where the eyelids touch. Become aware of the surface of the eyes. Backs of the eyes. Feel your eyes now as energy- as radiant glowing lights.

Bring awareness to your crown. Feel your whole head. Feel your neck- back of the neck- sides of the neck- throat center.

Notice the right palm- right thumb- first finger- second finger- third finger- fourth finger. Feel your whole hand alive and filled with sensation. Feel your right wrist. Right forearm- elbow- upper arm- whole shoulder. Notice the notch at the base of the throat.

Notice now your left palm. Left thumb- first finger- second finger- third finger- fourth finger. Feel your whole left hand alive with energy. Feel your left wrist- left forearm- elbow- upper arm- whole shoulder. Notice the notch at the base of the throat.

Become aware of the upper chest- upper back- shoulder blades- feel your hearts center. Feel your belly- naval center- pelvis and hips.

Feel your right hip. Right thigh- knee- lower leg- ankle and foot. Feel again the pelvis. Left hip- left thigh- knee- lower leg- ankle and foot. Feel both feet.

Feel your roots between your sitting bones- naval center- solar plexus- heart center- throat center- third eye between the brows- crown of the head.

Notice the back body resting on the earth. Bring your awareness to the whole back body as a sensation alive with vibration. Feel your front body facing skyward. Bring your awareness to the whole front body as a sensation alive with energy. Feel the right side body- feel your right side. Feel the left side body- feel your entire left side. Feel midline. Feel your body as a whole- you are complete. Feel sensation throughout your entire body.



Bring the awareness back to the breath. Notice your natural breath as if flows through you. Feeling the in breath- feeling the out breath. As you exhale imagine a wave passing downward through your body- carrying away tension. And as you inhale a fresh wave flows upward- bringing a sense of calm and peace. (Long pause) Exhale wave flows downward through your body- carry away tension. (Pause) Inhale fresh wave upward- bringing a sense of calm and peace. (Repeat) Inhale fresh wave upward- bringing a sense of calm and peace.

Now remember your hearts longing statement, and repeat it again three times as the present truth. Three times to yourself- it is the truth.

Notice the back body- side of the body facing the earth. Feel all the places where you touch the earth. Notice the front body, side of the body facing skyward. Feel all the space that surrounds you. Allow your body to expand wider into the space that surrounds you. Notice your breath- (Pause) feel it's rhythm- (Pause) feel its pace. (Long Pause)

We are now completing the relaxation practice. Before moving sense your fingers and imagine them moving. Draw a deeper breath into the belly into the heart. Then begin to wiggle the fingers- wiggle the toes- inviting in energy and vitality. Gently roll the head side to side- a slow and gentle awakening. When your ready bend the knees, place feet into the earth and roll onto your right side. Pause for a moment on the ride side, then use the arms and hands to assist bringing yourself up to a comfortable seat. Keeping eyes closed or a soft gentle gaze ahead. Bring your hands to anjali mudra (hearts center)- and take a moment to notice how the body and mind are feeling after this relaxation practice. Then please move the hands to your center of integration (third eye)- bowing in respect- Namaste.

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