

## YOGA NIDRA FOR PINE TREE HOSPICE

**Simple description:** We invite you to experience Yoga nidra (yogic sleep), the science of deep relaxation. Yoga nidra is a state between sleep and deep relaxation. It is a systematic method of inducing deep physical, mental and emotional relaxation.

The practice is done while lying down on one's back. The eyes are closed and the body made completely comfortable. It involves deep relaxation with inner awareness while the instructor leads a guided session with his/her voice. The teacher uses auto-suggestion cues, visualization and affirmation to create an environment in which healing can occur.

A few of the benefits now being confirmed by the medical field are increased immune function, digestive function and better sleep. The gifts of Yoga Nidra are the releasing of old habits, fatigue, worry and stress. This is a technique for physical rejuvenation, mental relaxation, spiritual growth and overall wellness. According to yogic thought unregulated stress is the root of most physical and mental ailments today. The secret of Yoga Nidra (and to better health) lie in its ability to relieve tension and stress at its root and to restore a balanced state of mind and a deeply rested body.

**Preparation:** Yoga Nidra uses a *sankalpa* or intention that is repeated twice during the session, once as we begin yoga nidra, and once when in a state of deep relaxation. To create the life we are meant to live, we must draw the mind again and again to our dharma, our deepest intentions, and the qualities of the Divine within. Your personal sankalpa will be stated within your mind with heartfelt intention, in the present tense, with belief that it is already manifesting in your life.

Some suggestions for your sankalpa:

- ◆ I am inspired.
- ◆ I am safe and secure.
- ◆ I am whole and already healed.
- ◆ I am peace itself.
- ◆ I am more aware/understanding/perceptive.
- ◆ I surrender. (to God, in whatever form the divine manifests for you).
- ◆ Compassion is my true nature.
- ◆ I am content.
- ◆ I can deal with whatever life brings.
- ◆ I am calm and clear.

Meditate on a sankalpa for YOU. You do not need to share the sankalpa with anyone.

**Bring with you:** A mat or blanket to lie on, blankets, a pillow or bolsters, an eye pillow. (Some supplies are available – be sure to request these when you register.) You will be making yourself comfortable lying on the floor, completely still for approximately 45 minutes. You'll want to be warm so even on a warm day you may want a blanket. If you cannot lie flat, you may use pillows/bolsters to prop yourself in a more upright position. Setting in a chair doesn't work as your body cannot totally relax.

*"When you say something with your whole being...it can transform the world"*-Thich Nhat Hanh

For a much more detailed description of this ancient yogic process and its many benefits please go to: <http://www.yogamag.net/archives/2001/bmar01/yoganid.shtml>

Gayle's website: Center Yoga & Healing Arts [www.centeryoga.vpweb.com](http://www.centeryoga.vpweb.com)