



Experience Deep Rest & Renewal with Daily Yoga Nidra

A daily Yoga Nidra practice offers profound relaxation, stress relief, and inner balance. This guided meditation helps calm the nervous system, improve sleep, and release deep-seated tension. By promoting mental clarity, emotional healing, and enhanced focus, Yoga Nidra supports overall well-being.

Just 20–30 minutes or less a day can restore energy, boost creativity, and cultivate a deep sense of inner peace.

Guided instructions in the practice of Yoga Nidra include:

Settling the body: Into the position of Shavasana – the relaxation posture – lying on the back

Intention Setting (Sankalpa): Creating and repeating a positive resolve. Planting this positive seed in the deeper layers of the mind - subconscious. The Sankalpa is aligning yourself with your sincere intention to improve and enhance the quality of life.

Body Awareness: A systematic rotation and awareness on each part of the body to relieve known and unknown physical tension.

Breath Awareness: Deepening the natural breath to relax mental tensions and movement of the mind.

Visualization: Simple images to access the subconscious levels of the personality and cultivate the witnessing state of observing to improve emotional balance.