

Example Themes for NSDR~Yoga Nidra Sessions

✨ Hello dear one,

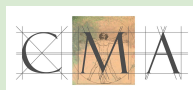
Welcome to your overview of example meditations that you may like to rest into during your NSDR~Yoga Nidra practices.

It's truly an honour to be part of your journey in this way, and I'm quietly excited to share this beautiful process with you.

This overview is here for you to return to whenever you wish. You may like to read it slowly, almost as if it were already part of your practice ~ a reminder of the gentle themes we'll explore together. There is no rush, and there is nothing for you to do. Simply let the words land in their own time.

Everything is offered as an invitation. You are free to take from it whatever resonates and leave the rest. In many ways, this guide is like a soft companion ~ a touchstone to remind you that these practices are here to support you, at your own pace, always.  

Each outline below is an example of just some of the many possible themes we can explore together. The first three, however, are always included as they are foundational elements in NSDR~Yoga Nidra:



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🌿 Example Themes for NSDR~Yoga Nidra Sessions 🌿

- 🌱 Sankalpa (Intention) ~ the seed for neural transformation.
- 🌱 Grounding & Comfort ~ feeling true steadiness in the body.
- 🌱 Inner Resource ~ a safe inner place, your inner sanctuary that allows you to access peace and ease whenever you need it.

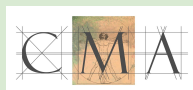
Every session is unique. Even if we return to a familiar theme, the practice will be different and meet you exactly where you are that day. It's a living expression of our interconnectedness and the beautiful energies within and around us. And when we touch those energies, magic happens.

From session 4 onwards, you can decide what resonates with you most ~ choosing either from already discussed options or one of your own 🧡.

🌿 First Gentle Steps (Foundations)

1. Grounding & Comfort

- Exploring how and why to get truly comfortable.
- Gentle breathwork introduction.
- Resting into your Grounding NSDR~Yoga Nidra.
- Space for feedback or simply resting in your cocoon.



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2. Sankalpa (Intention)

- What a Sankalpa is and why it's key for lasting change.
- Gentle breathwork introduction.
- Relax into a Sankalpa/Intention-focused NSDR~Yoga Nidra 
- Space for feedback or quiet personal enquiry.

3. Inner Resource

- Why building an inner resource supports healthy boundaries
- Gentle breathwork introduction.
- Developing your Inner Resource NSDR~Yoga Nidra.
- Space for reflection or silence.

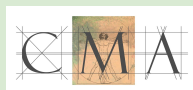
Optional Further Themes For You To Explore

Peace & Journaling

- Introduction to journaling as a supportive tool for inner peace.
- Gentle breathwork introduction.
- Relaxing into your Peace & Beauty NSDR~Yoga Nidra

Letting Go

- The gentle power of release and renewal and its cyclical nature.



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- Gentle breathwork introduction.
- Resting into your Letting Go NSDR~Yoga Nidra.

Loving-Kindness and Compassion

- Exploring the heart-brain connection.
- Gentle breathwork introduction.
- Relaxing into your Loving-Kindness NSDR~Yoga Nidra. ❤️

Gratitude and Appreciation

- Cultivating lightness and wellbeing through gratitude.
- Gentle breathwork introduction.
- Resting into your Gratitude NSDR~Yoga Nidra.

Moon Phases & Cycles

- The cyclical and seasonal nature of life and lunar influence.
- Gentle breathwork introduction.
- Resting into your Moon Phase NSDR~Yoga Nidra (aligned with the current moon phase). 🌙

Energy Centres

- Understanding the main energy centres of the body.
- Gentle breathwork introduction.
- Connecting with your Energy Centres NSDR~Yoga Nidra.



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The Five Layers of Self (Koshas)

- An introduction to the five koshas and why they're foundational.
- Gentle breathwork introduction.
- Journeying through your Layers of Self NSDR~Yoga Nidra.

Sleep

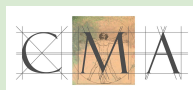
- Yoga Nidra for sleep is slightly different to the usual Yoga Nidra
- Gentle breathwork introduction.
- Resting into your Sleep NSDR~Yoga Nidra. 🌿

Radiance & Joy

- Exploring the joyful essence of your true self.
- Gentle breathwork introduction.
- Resting into your Radiance & Joy NSDR~Yoga Nidra.

Visualisation & Imagination

- The power of creative imagery for the mind.
- Gentle breathwork introduction.
- Resting into your guided journey through the imagination
NSDR~Yoga Nidra. ✨



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 At the close of each session, you are welcome to share reflections, ask questions, or simply remain in stillness. Nothing is ever expected ~ everything is always invitational ~ honouring your inner guidance is encouraged.

A Gentle Closing Reflection

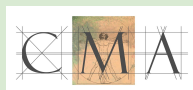
Even as you read these words, you may notice a quiet softening within you. Sometimes, the journey begins not in the practice itself, but in the gentle anticipation of it ~ the way your heart responds to knowing rest and renewal are on their way. 

There is nothing you need to do. Simply allowing yourself to arrive, just as you are, is more than enough. Each session will meet you exactly where you are, and from there, the unfolding will happen naturally.

You are already on your way. ✨

Warmly,

Antoinette 



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