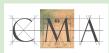
Hello wondrous soul,

Settling In and Creating Your Nidra Nest ***

Comfort and safety without interruption are the foundation of a nourishing practice, and deep rest. When preparing your space, imagine you are creating a cosy, restful haven for a beloved guest who has travelled a long way. Then, with the same tenderness and care, see yourself as that guest ~ someone who has journeyed far and is worthy of deep rest (you have and you are). This is your nidra nest ~ a place to fully let go, be nourished, and re-energise through guided, effortless restorative rest.

- Be in a safe, private space free from interruption.
- Arrange the space to be as clear and uncluttered as possible ~
 this signals the nervous system that it can relax.
- Grab a blanket and get even more cosy (our body temperature drops in deep rest).



- You can practice indoors or outdoors. And so choose your surface:
 on a sofa, a lounger, a bed, in an armchair, a padded yoga mat, on
 the dry warm earth, etc. The key is full comfortable support for
 your body, head and neck, so no muscles need to hold you up ~
 allowing you to melt into the support beneath you.
- If on your bed, lying in a different direction than you normally sleep in can help the mind associate the space with meditation, rather than sleep.

Extra comforts: ***

- Pillow/s to support the head and neck.
- If you like to practice with your eyes closed, an eye covering / sleep mask can provide extra darkness which signals the nervous system that it can relax.



- If you like to practice with your eyes open, lowering your eyes and taking a soft gaze, alighting on something that's lovely to look at also signals the nervous system that it can relax.
- Loose comfortable clothing, and maybe socks for extra warmth.
- You can never have too many pillow or cushions, and so have fun placing them anywhere that feels lovely, e.g. under the elbows
- Headphones (if comfortable). And if listening without headphones,
 placing your device near the soles of the feet or top of the head
 will give a less one sided and a more balanced audio experience
 for the ears.

Lighting:

- Indoors: Switch off or dim lights.
- Outdoors: Choose shade to avoid overheating or sunburn

I encourage you to always listen to the guidance of your body. How would it like to recline today? And then choose that. If it wishes to



move, do that. In this way you can learn to trust the wisdom of your body. Here are some positioning tips:

- If on your back: A cushion/bolster under knees can help align the hips and support the lower back.
- If on your side: A pillow between knees aids spinal alignment.
- If reclined in an armchair: Head and neck fully supported, and feet slightly elevated (on a footstool or cushion) for spinal support.
- If prone (on stomach): Ensure you can breathe freely.
- And if you have a cat or a dog, be prepared to get snuggled into,
 animals love yoga-nidra

I look forward to being your guide.

Warmly, Antoinette 💛

