

🪿 How to set up your NSDR~Yoga Nidra space 🪿

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).



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- 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.



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- 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



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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 💛

