

🌸 What a Typical NSDR~Yoga Nidra Includes 🌸

🌿 Hello, beautiful human

NSDR~Yoga Nidra is a unique form of meditation. While it has ancient roots, it is emerging as an essential practice for modern wellbeing. And so I've put together a brief overview of what you might expect and experience during your practice. Essentially, it's an effortless and invitational form of guided rest that gently leads you through the layers of self, also known as the koshas. The mind transitions from the busy beta brainwave state into a calm alpha brainwave state, gently shifting into theta and delta brainwave states that allow the body and mind to soften down into a restorative sleep and peaceful cellular repair, usually while the mind remains consciously aware. Still, it's common for both beginners and experienced practitioners to drift into sleep. This is typically associated with a shift into theta and delta brainwave states, and simply reflects what your body and mind most need at a cellular



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and nervous system level. Even in this restful sleep state, your mind can continue to register and respond to the guidance.

There truly is no “wrong” way to experience this practice ~ simply allow yourself to rest, listen, and be 🌿🕊️

1. Settling In and Creating Your *Nidra Nest* 🌿🕊️

- Wear soft, comfy clothing
- Arrange pillows/cushions for head, knees, back, or feet
- Have a blanket (the body cools during deep rest)
- Switch off or dim lights
- Eyes closed → add an eye covering for extra soothing darkness
- Eyes open → soften your gaze on something lovely nearby
- Headphones (optional), check device volume levels either way
- And if you have a cat or a dog, be prepared to get snuggled into, animals love yoga-nidra 🧡🐾



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2. Breath Awareness 🌊

Gentle focus on the breath supports relaxation, strengthens the mind-body connection, resets the nervous system, and much more.

3. Sankalpa (Intention) 🌟

This is the transformative element of Yoga Nidra ~ your *Sankalpa* ~ a heartfelt intention, your heart's truth. Neuroscience suggests that when we rest in the deeply relaxed yet aware state of Yoga Nidra, the brain becomes more receptive to new patterns. This creates fertile ground for gently rewiring old limiting beliefs, and nurturing a more authentic connection with who you truly are. In practice, I will invite you to soften into this inner space of the heart and guide you toward embracing the beauty that naturally arises. This beauty is unique only to you ~ the delicious feeling mantra of your own heart ~ and your very own north star 🌟



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4. Creating an Inner Refuge / Inner Sanctuary💕💕

Here you are gently guided in establishing a safe, nourishing inner space you can return to at any time ~ inside or outside of your practice.

5. Body Scan (Rotation of Consciousness)✨

Guided awareness through the body, effortlessly releasing stored tension and fostering a sense of groundedness. This phase enhances the mind–body connection and cultivates *interoceptive awareness* ~ the ability to sense and interpret internal bodily signals ~ which supports improved self-awareness and emotional regulation.

6. Sensing of Opposites ⚖️

As first integrated into yoga nidra by Dr. Richard Miller in the iRest program ~ exploring sensations such as warmth/coolness or heaviness/lightness deepens awareness and emotional balance.



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7. Guided Imagery or Inner Journey (*sometimes included*) 🌸

Invites the imagination to engage with images or journeys that facilitate personal growth ~ nurturing insight and integration, connection with your inner wisdom, and experiencing transformative states of bliss.

8. "Waking Up" ☀️

Gradually return to your surroundings with gentle awareness, and integration.

What You May Experience 🥰

During or after your practice, you might notice:

- Sensations of humming, shimmering, buzzing, as tension releases and energy starts to flow more freely in the body



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- Waves of well-being and peace,
- A feeling of renewal
- Better sleep at night
- A greater sense of awareness, warmth, tears of joy, or lightness
- Relief from physical discomfort
- A quieter mind and stillness in the body, feelings of realignment
- Clearer breathing
- Clarity of thoughts and enhanced cognition
- New ideas or solutions
- Improved learning and better focus
- More energy

With regular practice:

- Facilitates profound transformation of Self through neuroplasticity
- Anxiety softens and can eventually fade away
- The immune system becomes supported and can strengthen



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- Self-compassion and self-love are often cultivated naturally
- Innate self-worth returns and strengthens
- Healthy boundaries often unfold and establish
- Feelings of inner calm and peaceful joy become norms
- Creativity becomes enhanced and can lead to a richer life
- Can enhance communication and connection
- Self-awareness increases

These are just some of the many reported benefits.

I would be honoured to be your guide.

Warmly, Antoinette 💛

