

Yoga Nidra

A Step-by-Step Guide to Deep Relaxation & Self-Awareness

STEP-1

● Set an Intention (Sankalpa)

I am at peace, I am healthy and vibrant.

STEP-2

● Find Your Inner Resource

Connect with a peaceful memory, a place or a sensation of safety.

STEP-3

● Body Scan (Rotation of Awareness)

Gradually focus on different body parts to release tension.

STEP-4

● Awareness of Breath

Observe the natural rhythm of your breath to calm the nervous system.

STEP-5

● Acknowledging Feelings

Accept emotions as they arise and bring in opposite emotions for balance.

● Witness Your Thoughts

Observe thoughts like passing clouds without judgment.

STEP-6

● Experience Joy

As tensions fade, allow a natural sense of happiness and peace.

STEP-7

● Explore Your "I-ness"

Detach from ego and connect with your deeper self.

STEP-8

● Reflect on Your Practice

Notice emotions and insights to integrate the experience into daily life.

STEP-9

● Transition Back to Wakefulness

Slowly move fingers, toes, and stretch before opening your eyes.

STEP-10



Yoga Nidra Bihar Yoga

Peipei Pang



Yoga Nidra Bihar Yoga:

Yoga Nidra Bihar Yoga Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Yoga Nidra Bihar Yoga**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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