Yoga Nidra

1. Get comfortable. Intend to stay present
2. Relax the body, notice sounds and sensations
3. Breath awareness – settle into an effortless breath
4. Sankalpa – set an intention and repeat 3 times – “I am healthy,” “All is well,” etc.
5. Rotation of consciousness – listen, repeat to self, then feel the part
	1. Mouth
	2. Ears
	3. Eyes
	4. Forehead
	5. Back of head
	6. Neck
	7. Arms
	8. Palms of hands
	9. Back of hands
	10. Every finger
	11. Whole arm together
	12. Repeat other arm
	13. Torso
	14. Pelvis
	15. Legs
	16. Sole of foot
	17. Top of foot
	18. Every toe
	19. Whole leg together
	20. Repeat other leg
	21. Whole body together
6. Opposites
	1. Heat/cold
	2. Heavy/light
	3. Fast/slow
	4. Happy/sad
	5. Aversion/attraction
	6. Cloudy/sunny
	7. Dry/damp
	8. Clarity/confusion
	9. Short/tall
	10. High/low
7. Rapid images
	1. Candle
	2. Sunset
	3. Ocean
	4. Lighthouse
	5. Forest
	6. Mountain
	7. Sunrise
	8. Pyramids
	9. Desert
	10. Bald eagle
	11. Forest fire
	12. Waterfall
	13. Grand canyon
	14. Volcano
	15. Rushing river
	16. Tornado
	17. Sunrise
8. Guided visualization – witness consciousness
	1. Lake meditation
9. Repeat sankalpa 3 times
10. Slowly awaken