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