

# Dyad Worksheets for Yoga Nidra Workshop

## INSTRUCTIONS

1. Direct student to open senses and bring attention into physical body.
2. Invite them to locate and welcome a sensation, image, belief, thought, etc.
3. Invite them to Feel and Welcome this experience.
4. Ask them to Describe what they are experiencing.
5. At some point you may explore an Opposite.
6. Invite them to Alternate between opposites.
7. Invite them to feel both simultaneously.

### Role as facilitator:

Hold space for someone to explore themselves.

To act as a mirror to non-judgmentally reflect back the student's experience.

To facilitate the student to experience something they were not aware of.

To embody compassionate welcoming in our body speech and mind to the student.

To note/not discuss any experiences, emotions etc. of your own during the experience.

To resonate feelings along with our student.

To quietly, active listen; only "Uh-huh"/"mmmm" type sounds to show understanding.

If in doubt in an intense situation, ask, "Are you ok to continue?"

Encourage student to locate inner resource if it feels important to do so.

Facilitator is NOT to:

Validate, justify or judge the student's experience.

Fix, change or alter anyone.

Heal anyone.

Save anyone from suffering their pain.

Direct, modify, or steer anyone in their experience.

Comfort, coddle, defend or explain.

We do not require their response if it takes them out of their experience.

### PHRASES TO FACILITATE EFFECTIVELY:

Are you able to describe this as a sensation in your body?

Are you able to locate the sensation in your body?

Is there a texture, color or density to the sensation?

Is there movement to the sensation?

Is there someone here? (direct to inner child or another present)

Is there something here? Describe...

Is there something feeling uncomfortable? Can you step in and feel it; describe it?

Is there a belief/image that is uncomfortable? Can you feel it? Describe?

Is there an opposite?

Is there an action that needs to be taken?

NOT: Just try to relax...I understand...I know what you mean...You should...I think...

## Dyad Script

### Exploring what is present

1. As you feel into your physical body and any sensations, emotions, or thought that may be present, what is most calling your attention?
2. Are you able to describe how and where you feel this in your body?
3. As you stay with this sensation/emotion/belief and the accompanying physical sensations, what is present?
4. Are you able to say more about that?

### Exploring with opposites

1. If this emotion/sensation/belief had an opposite what might it be and where might you feel it in your body?
2. Are you able to describe how and where you feel this in your body?
3. As you stay with this emotion/sensation/belief and accompanying physical sensations, what is present?
4. Are you able to say more about that?
5. If it feels right, and at your own leisure, go back and forth between these opposites, feeling first one, then the other, as a felt-sense in your body. Then, at your own pace, feel both simultaneously.
6. Where and how do you feel that in your body?

As you are with the totality of your experience, is there anything else present that you feel to be spoken, affirmed, or any insight that you desire to be expressed?