

Guidelines/framework for building a Yoga Nidra session

Define Yoga Nidra; the sleep of the Yogi, deeply relaxed body while keenly aware mind.

Sankalpa/intentions:

1. "I am awake, aware, alert; open and welcoming to all sensations that arise in my body during Yoga Nidra practice.
2. Inner Resource: Safe haven created as place to retreat where I'll find safety and be accepted exactly as I am, however I show up.
3. Heart's Deepest Desire: Life's purpose or purpose at this time in life. Stated as an affirmation in the present tense and in the affirmative.

Body scan: Guided, experiential activity requiring no thought or analysis; a curious exploration of the sensations of the body.

Explore Awareness: Breath awareness, Self awareness...awareness of Self AS awareness...the "ground of being" from which all sensations arise and pass back into. Expansion to recognize connection to all that is.

Explore Opposites: Holding sensations of opposites in awareness, individually then simultaneously as a way of experiencing Awareness/Self/Identity as separate from the physical body.

Bliss: abiding in bliss...

Returning: grounding back, integrating, consolidating, welcoming Self back to physical body. Revisiting our journey, Heart's Deepest Desire, Inner Resource as a way to more and more, possibly over time, integrate into everyday life.