

YOGA NIDRA SCRIPT FOR THE GENERAL POPULATION (RECORDED ON WEBSITE)

ENTRY | STAGE 1

Allow yourself to relax into your space. Gently close your eyes, and commit to keep your body still and calm. Please move if you become uncomfortable. Your Yoga Nidra Practice is one of yogic sleep; it will guide you to the space between conscious wakefulness and deep sleep. Try to remain awake and stay focused on the sound of my voice.

<PAUSE 5 COUNTS>

Become aware of your body in this space, here and now. Allow your body to become heavy and relax deep into the floor. Swallow and allow this action to soften any residual tension in your body, travelling through your throat, neck, face and jaw.

Become aware of your breath. Notice how your body naturally breathes itself. Take 3 deep breaths, in through your nose and out through your mouth. Once complete, return to the natural flow of your breath.

<PAUSE 10 COUNTS>

SANKALPA | STAGE 2

It is now time to create your Sankalpa, or your highest intention or vow. Your Sankalpa can be in the form of 1 word, keep it simple. What single word makes your heart sing in this moment, what is your heart's desire? What single word would empower the experience of yourself right now in this moment?

Use the following language to create your Sankalpa:

I AM ... I am love....I am courage....I am accepting...I am strong...I am vulnerable...I am compassionate...I am free...I am a success...I am awakening... Silently in your mind - repeat your Sankalpa 3 times now.

<PAUSE 10 COUNTS>

PHYSICAL BODY - ANNAMAYA KOSHA | STAGE 3

Now connect to your physical body. You will hear me name a body part. At that time, in stillness, draw your mind's eye to that body part. When you hear the name of each body part, repeat it silently to yourself. Move through your awareness as quickly as you hear me name each body part.

<PAUSE 5 COUNTS BETWEEN EACH BODY PART>

Right big toe, right second toe, right third toe, right forth toe, right pinkie toe, right heel, entire bottom of right foot, top of right foot, right ankle, right calf muscle, right knee, right leg bones, right buttocks, right hip bone.

Left hip bone, left buttocks, left leg bones, left knee, left calf muscle, left ankle, top of left foot, bottom of left foot, left heel, left pinkie toe, left forth toe, left third toe, left second toe, left big toe. Notice both feet. Allow both feet to completely soften and sink heavy toward the floor. Notice both legs. Allow both legs to sink heavy toward the floor.

Notice your pelvis, feel it sink down and relax. Feel your sacrum. Notice how your lumbar spine curves away from the floor, feel your thoracic spine sink toward the floor. Notice the space under your neck. Feel your skull sink heavy toward the floor.

Feel your left shoulder blade, left shoulder, left upper arm, left elbow, left wrist, left thumb, left index finger, left middle finger, left ring finger, left pinkie finger, left palm center, entire left hand.

Entire right hand, right palm center, right pinkie finger, right ring finger, right middle finger, right index finger, right thumb, right wrist, right elbow, right upper arm, right shoulder, right shoulder blade.

Notice your skull sink heavy toward the floor. Feel the back of your head, top of your head, forehead, left temple, left ear, left side of your jaw, left side of your face.

Right temple, right ear, right side of your jaw, right side of your face. The space between your eyebrows, left eye, right eye, both eyes, nose, right nostril, left nostril, whole nose, upper lip, bottom lip, the space where your lips join together, chin, throat, collarbone, chest center. Feel your whole entire body... whole body.... entire whole body.

<PAUSE 10 COUNTS>

ENERGETIC BODY - PRANAYAMA KOSHA | STAGE 4

Begin to feel the miracle of your breath. Notice how your breath breathes your body without even having to think about it. Feel the gentle rise and fall of your belly as you take each breath. Feel your nostrils. Notice the cool air swirling in each nostril as you inhale and notice the warm air swirling out of each nostril as you exhale. Inhale your desires and exhale what no longer serves you.

<PAUSE 20 COUNTS>

EMOTIONAL BODY - MANAMAYA KOSHA | STAGE 5

Begin to feel awake and alert. Even though your eyes are closed and your body is relaxed, feel a vibrant alertness flow through your whole body.

<PAUSE 10 COUNTS>

Now shift your alertness into a feeling of tiredness. Feel your eyes, face, throat and jaw soften and surrender to the tiredness.

<PAUSE 10 COUNTS>

With your next inhale, feel your entire body become light. Feel as though it is floating above the floor. Stay in this lightness for a few moments as your breath naturally flows through your body.

<PAUSE 10 COUNTS>

With your next exhale, feel your entire body sink heavy toward the floor. Every part. Your whole entire body is heavy and sinking. Allow this feeling to ground and presence you into this moment, here and now, in this safe space.

<PAUSE 10 COUNTS>

Bring your awareness to your skin. Remember a time when you felt cold or chilly. Create the experience of cold in your body. Imagine being outside in winter. Feel the chill and the cold permeating your whole body.

<PAUSE 10 COUNTS>

Now allow the sensation of warmth to spread throughout your entire body. Remember the feeling of heat in the summer sun. Feel heat radiate onto your skin. Feel the heat in and all around your body.

<PAUSE 10 COUNTS>

Recollect the experience of excitement. Feel this excitement in your mind and body but do not concentrate on its source. Create the experience of excitement as clearly as possible.

<PAUSE 10 COUNTS>

Now allow the feeling of complete peace and calm to take over your experience. Manifest the experience of deep peace and calm in your entire physical body, within your mind, emotions and within your energy. You are completely relaxed and aware, you are completely calm. You are peace.

<PAUSE 10 COUNTS>

INTELLECTUAL BODY - VIJNANAMAYA | STAGE 6

You will now hear a number of images. Allow them to enter your mind, feel the experience of the image on all levels. Notice your physical body's reaction, your emotions, thoughts and energy. If you are unable to tap into an experience, be patient and stay present; it will come with practice.

Sunset, birds chirping, clean cool water, ocean waves, surfer, a circle of trusted friends, horses running, a smiling buddha, an endless desert, light rain, fresh fruit basket, vibrant rainbow, a candle burning, the face of a loved one, snow capped mountain, fresh cut grass, flowing river, morning sun rise, strong mountain, tall tree, fresh cut flowers, balloons, waves breaking on a beach, clouds floating across the sky, heavy rain, beautiful baby, happy old man, sparkling eyes, fresh sheets, warm hug, a comfortable pillow, wise old woman, taking a deep breath, the sound of my voice, your entire back body grounding down.

<PAUSE 10 COUNTS>

VISUALIZATION | STAGE 7

Begin to concentrate on the space behind your closed eyelids. Imagine a screen as though you were at a movie theatre. The screen is as high and as wide as your eyes can see. Concentrate on this screen and become aware of any phenomena that manifests within it; including colors, patterns and light.

<PAUSE 10 COUNTS>

READ VISUALIZATION NOW

See below for visualization options (Tropical, Cozy, Coastal).

<pause for 20 counts> REPEAT SANKALPA | STAGE 8

Recall your Sankalpa, your intention or your sacred vow that you set at the beginning of your Nidra practice. Silently and within your mind, repeat your Sankalpa 3 times now... silently and within your mind, repeat your Sankalpa now.

<PAUSE 20 COUNTS>

NATURAL STATE | STAGE 9

Take a deep breath in and a deep breath out. Allow this breath and each breath to come to presence you into this right now moment. Feel your back body grounding down, imagine the walls of your space, the colors, the items around you. Take another deep breath in, feel your rib cage expand as you fill up with air, and feel your ribcage contract as you breathe out. Now stay connected to the natural flow of your breath.

<insert optional savasana here>

Gently begin to move your toes...rotate your ankles...bring your feet to stillness, bring gentle movement to your fingers...rotate your wrists...bring both of your hands over your head and reach them toward the space behind you, feel a whole body stretch...take a deep breath in, as you exhale sigh out and relax your entire body. Roll to your right side, into fetal position - a posture of new beginnings and transformation. Keep your eyes closed, and recall your Sankalpa.

<PAUSE 10 COUNTS>

Support yourself up to a seated position.... bring your hands together at your chest center in Anjali Mudra (prayer position).

<PAUSE 5 COUNTS>

We will close Nidra practice with an AUM. Allow this AUM to represent your connection and commitment to your Sankalpa.

Aum

Namaste (Bow)

Visualization Options CHOOSE ONLY ONE

Tropical Experience

Picture a deserted white sand beach. Palm trees align the small ocean coastline. There is nobody around; it is the perfect spot to be, in this moment right now. Visualize yourself walking slowly on the beautiful white sand beach. You are barefoot, and you can feel the sand on the bottoms of your feet. The sand is warm, and with each step, your feet become more and more relaxed. You see the ocean, it is a beautiful turquoise color, the waves are moving slowly as they gently crash upon the shore. You are happy. You are content. You are relaxed.

See yourself now lying on the beach. You feel the warm sand now touching your back body. There is nobody around but you. You close your eyes, and feel the warm sun kissing your skin, and the light breeze dancing on your body. You can smell the salt water of the ocean as you hear the gentle waves crashing. You are relaxed, you are whole ... you are complete. There is nothing more that you need in this moment right here.

<PAUSE 10 COUNTS> go back to stage 8

Cozy Experience

Picture a cold winter's day. You are inside a cozy log cabin. The air is fresh, and there is a wood fire burning in the fireplace. You are snuggled in a soft blanket on a sofa in front of the fireplace. The soft warm blanket is wrapped around you, with only your head and your face exposed to the fresh cool winter air. As the fire grows stronger, you can feel the warmth of the golden flames warm your cheeks. You can smell the fire - the smell is comforting. You close your eyes. Your whole body feels warm as the blanket lovingly hugs you. You open your eyes a few moments later to see giant white perfectly formed snowflakes slowly falling from the sky. They are so big, and falling so slowly you can see the perfection of each one. They look like falling white mandalas - perfect in every way. You close your eyes again, to experience the perfection of yourself. You are whole and complete in every way. You are whole and complete in every way.

<PAUSE 10 COUNTS> go back to stage 8

Coastal Forest

Picture a forest with large pine trees. See yourself standing amongst these large trees. You are barefoot. You can feel the cool moss beneath your feet. This feeling is refreshing. As you take a breath of the cool forest air, you can smell the scent of pine. You begin to walk slowly, feeling your connection to the earth with each and every step. You pause, standing still. In front of you is a large tree stump. You are so close to it, you can reach out and touch it's bark. The bark is hard, yet supple and damp. You close your eyes, feel the moss beneath your feet and take a long, slow, deep breath in. Everything is perfect in this moment right now. There is nothing to change. You are perfect in this moment right now - there is nothing to change. Nothing. go back to stage 8

<PAUSE 10 COUNTS> go back to stage 8