

# YOGA NIDRA WORKSHEET

DATE: \_\_\_\_\_

**Before** you start your Yoga Nidra Class, complete **SECTION 1** of this worksheet. The purpose of this worksheet is to keep you anchored to being a guide, and focussed on what you intend to receive from guiding this healing practice. This worksheet will also allow you to create your own effective scripts. **Subsequent to ending your class**, complete **SECTION 2**.

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## SECTION 1

1. Do a 7 Bodies Check in:

Physical

Mental

Emotional

Energetic

Intellectual

Spiritual

Soul

2. Who is your student body? Are they a special group of people, are they from healthcare or other stressful occupations? Are they healing from a specific illness?

3. Create your **intention** as a Yoga Nidra Guide. Use the following words:

May I create a safe space for my students to receive the benefit of yoga nidra.

May I deliver the yoga nidra script calmly and effectively.

4. Create your **own personal sankalpa** for this yoga nidra practice. Use the following words:  
I am whole. I am healed. I am peaceful. I am grateful. I am strong.

5. Create your examples of your Sankalpa; for the **SANKALPA | STAGE 2** section of your yoga nidra script.

These are I am statements that you will read out. Some examples are: 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

*These examples are in your General Nidra Script. Here are some more options, use these or create your own. You don't want to read more than 10 options.*

I am abundant

I am responsible

I am accountable

I am healing

I am healed

I am able to speak up

I am a contributor to a better world

I am happy

I am recovered

I am awake

I am aware

I am fulfilled in my relationship

I am creative

I am joyful  
I am intimate  
I am loving  
I am powerful  
I am welcoming  
I am spacious  
I am present  
I am successful  
I am a success in my business  
I am financially abundant  
I am here  
I am grounded  
I am rooted in the earth  
I am safe  
I am free of addiction  
I am free of limiting thoughts  
I am free of limiting judgments

6. Create your Opposite Emotions for your **EMOTIONAL BODY - MANAMAYA KOSHA** |

**STAGE 5.** For beginners, these will only repeat once. For advanced practitioners, you can repeat these many times, as you will note in the Advanced Nidra Script.

Agressive / Passive  
Approving / Disapproving  
Assured / Perplexed  
Boisterous / Mellow  
Hyper / Chill  
Calm / Agitated  
Composed / Anxious  
Confident / Insecure  
Cooperative / Competitive  
Delighted / Disgusted  
Domineering / Meek  
Empathetic / Indifferent

Fearless / Frightened  
Flexible / Stiff  
Generous / Resentful  
Grateful / Ungrateful  
Happy / Sad  
Accountable / Blaming  
Helpful / Uncooperative  
Innocent / Guilty  
Interested / Bored  
Loving / Hateful  
Peaceful / Enraged  
Powerful / Helpless  
Proud / Ashamed  
Responsive / Apathetic  
Safe / Scared  
Loved / Abandoned  
Satisfied / Frustrated  
Secure / Apprehensive  
Sensitive / Numb  
Tender / Violent  
Tolerant / Impatient  
Trusting / Suspicious  
Unafraid / Anxious  
Unreserved / Shy  
Vital / Exhausted  
Vulnerable / Closed-off

*When you create your sentences, use phrases such as:*

With your next inhale (or exhale) feel ...

Now allow the sensation of ...

Create the experience of ...

Recollect the experience of ...

Allow the feeling of...

Allow the sensation of...

Create the sensation of ...

Shift your "emotion" of ... into ...

Bring your awareness to ...

7. Create your images for **INTELLECTUAL BODY - VIJNANAMAYA | STAGE 6**. The images listed in your General Nidra Script are:

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

Candle burning

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 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  
Vibrant sunset  
Taking a deep breath  
The sound of my voice  
Your body lying on the floor

*You can have anywhere from 30 - 50 images. Some more examples are*

Sunrise  
Dead body  
Coffin  
Lightening  
Falling tree  
Busy mall  
Shopping  
Christmas dinner  
Family  
Rocking chair  
Log cabin  
Busy city  
Street lights at night  
Disco  
Airplane  
Busy flight  
Airport  
Perfume  
Eating food  
Eating meat

Fishing  
Sky diving  
Human skeleton  
Horses running  
Naked body  
Knife

8. Create your **VISUALIZATION | STAGE 7**. This can be about anything. You currently have 3 in your General Nidra Script, and an expansion of the 3 in your Advanced Nidra Script. This visualizations are to be a short guided themed experiences. Some more examples are:

Moving through a tunnel on an exploration  
Performing an asana practice  
Travelling down a river  
Explore the ocean's depths  
Climbing a mountain  
Paddling through a mangrove  
Walking in the dessert  
Travelling into the future  
Travelling into the past

*Not longer than 4 minutes.*

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## **S E C T I O N 2**

9. Do a second 7 Bodies Check In. Compare with your first one. What are the changes?

Physical  
Mental  
Emotional  
Energetic  
Intellectual  
Spiritual  
Soul

10. Checkin with your intention for your class, and your own personal sankalpa. How did they show up?

11. What insights do you feel you received from guiding this class?