

Yoga Nidra Guide For Beginners

Yoga Nidra Guide For Beginners - Yoga Nidra For Deep Relaxation And Rejuvenation. Yoga Nidra can be defined as "conscious deep sleep". The Sanskrit word 'Nidra' means "sleep". It is a kind of deep sleep in which you don't lose consciousness while still getting the benefits of deep sleep. 2 thoughts on “ A Beginner’s Guide to Yoga Nidra ” Trenton Spene October 26, 2017 Reply This is the right blog for anyone who wants to find out about this topic. At that time, I was practicing regular yoga and meditation and I began to deepen my practice, trying all kinds of strange but wonderful courses, gong bath to Kirtan, breathing sessions, ecstatic dance, finally led to a psychic dream, a deep deep relaxation known as yoga nidra. Yoga nidra is a very simple practice and is essentially a guided hypnosis filled with visualisations. It’s said to be four times more restful than sleep and, perhaps more importantly, helps to increase creativity. Select your practice.