



In our busy lives most of us experience too much stress. It is unhealthy as it can cause illness, sleeplessness and even burn-outs. In many cases we recognise the signs of stress too late. A lot of people don't take a break or the time to unwind and those signs are often neglected. Some of us even continue working in a fast pace until it's almost too late.

Yoga Nidra is a technique that combines awareness and deep relaxation for the body and mind. Yoga Nidra forms a solid foundation for meditation and makes relaxation for the body more accessible.

The translation of Yoga Nidra is 'Yogic Sleep'. However, Yoga Nidra is not the same as sleeping at night. When practiced in a proper way Yoga Nidra helps you to release tension from your body and ease your mind. Studies have shown that a 30 minute Yoga Nidra session is equivalent to 3 to 4 hours of sleep. Especially for people working day and night shifts, Yoga Nidra is highly recommended.

The practice

Yoga Nidra is practiced lying down in a comfortable position using props: a yoga mat to lay on, a bolster under your knees for support and a blanket to keep warm.

When starting the practice you set an intention or affirmation in silence. It is recommended to set your affirmation in the present moment and not to dwell in the past or future.

This will help you to remain focused in the present.

The teacher then guides you through a series of breathing exercises.

Visualisation and a body scan are used as well to become more focused and relaxed. As with all forms of yoga, the goal of the practice is to calm the mind and relax the body.

During the session you should not fall asleep. It is important to stay awake and present throughout the entire practice.

In other words, you remain observing without losing yourself into an unconscious state. You stay present and observe the various sensations in your body.

At the end of your practice you can then reflect on your affirmation and the mental relaxation you have acquired from a long period of focus.

Come join me for an evening of well deserved rest and relaxation. I look forward to seeing you on the mat.

Gladys