



Video Transcript

Yoga Nidra Meditation For Deep Relaxation

Welcome and prepare for the practice of Yoga Nidra. Begin by coming to lay down on your back. Make any final adjustments you need in order to remain completely still throughout the practice of Yoga Nidra. Take the time to settle in, to slow down. Close your eyes. Bring your feet to a hip-width distance. Allow your arms to rest by your side with the palms turned up to the sky. Adjust any positions in the body so that you can remain at ease throughout the entire practice of Yoga Nidra. Begin by letting your attention notice the sounds. Notice the sounds outside of the building that you're in. Notice the sounds outside of the room. Notice the sounds just on the inside of the room. And notice the sounds all around you. Let your attention rest. on each sound as the sound comes and then fades away off into the distance. Without any judgment, notice the sounds as they come and as they fade away. Let your attention move gently without attaching to any one sound. Just simply notice. Let your attention anchor on your breath. Notice the pace of your breath. Notice the rhythm of your breath. Notice the depth of your breath. Let your breath be your constant anchor throughout the practice of Yoga Nidra. As you let your breath take you a little deeper, notice every detail and subtlety of your breath. Allow the breath to move easily as you continue on the practice of Yoga Nidra. Bring your attention to your sankalpa, your intention for your practice. Your sankalpa is very important to you and is your heart's deepest desire. What would you like to happen for you as a reality in your life? Create a short and simple phrase in your own language and repeat it to yourself three times. Let this reflect your deepest heart's desire and your highest purpose. Now let me take you through the practice. of noticing the physical body. Let your attention follow my voice. Let me guide you through each part of the physical body. There's no need to think any thoughts or move. Just allow yourself to settle in and rest. Let your mind's attention follow my voice. Start by bringing your awareness to your right hand, your thumb, index finger, middle finger.

Ring finger. And your little finger. Bring your awareness to the back of your hand. Wrist. Forearm. Elbow. Upper arm. Shoulder. The side. Side of your body. The waist. Hip. Thigh. Knee. Lower leg. Your ankle. Heel. Front of the foot. Sole of the foot. Your right toes. Big toe. Second toe. Third toe. Fourth toe. And your fifth toe. Notice all of the toes at the same time. Now continue to bring your awareness over to the left side of your body. Starting with the left hand. Start at the thumb. Index finger. Middle finger. Ring finger. Little finger. Back of the hand. Wrist. Forearm. Elbow. Upper arm. Shoulder. Your side. The side waist. Hip. Thigh. Knee. Lower leg. Ankle. Heel. Front of the foot. Sole. Left toes. Big toe. Second toe. Third toe. Fourth toe. Fifth toe. Become aware of all of your toes at the same time. Now bringing your awareness to the back of the body. Starting at the heels. Calves. Backs of the knees. Backs of the thighs. The buttocks. Lower back. Middle back. upper back, backs of the arms, backs of the hands, shoulders, shoulder blades, back of the neck, back of the head, and the crown of your head. Start to bring your awareness down the front of the body. Notice your ears, forehead, eyebrows, center between the eyebrows, your nose, tip of the nose, cheek, jaw, lips, chin, front of the neck, collarbones, upper chest, fronts of the arms and your hands. Bring your awareness to the front of the body, at the abdomen, upper abdominals, lower abdominals, and your inner organs. Move to the fronts of the hips. Fronts of the thighs. The knees. Lower legs. Front of the foot. ankle, toes. Feel all of the toes at the same time. Now let your awareness move to your right leg. Feel all of the right leg. Feel all of the left leg. Now feel both of the legs at the same time. Move your attention to the right arm. Let your attention move to the left arm. Feel both the right arm and the left arm. At the same time, feel all of the back of your body and all of the parts of your body in contact with the floor. Notice the front of the body and all of the parts of the body facing the sky above you. Feel all of the parts of the physical body. Feel the right side and the left side of the physical body. Feel the entire backside of the body. And feel all of the front of the body. Feel all of the parts of the physical body at the same time. Now return to your breath. Feel your breathing deep, calm, and relaxed. Notice your mind. Your mind is deep, calm, and relaxed. Notice how your breathing has become deep and calm. And that the mind is also deep and calm. Feel the breath in your body. Experience a deep contraction, like at the end of an exhalation. Let your body experience this contraction and feel all of the sensations of the physical body contracting towards your center. Notice how it feels to draw into your center. Now notice how it feels to expand, create, an extension, an expansion of the body in all directions. Notice how it feels to expand the physical body beyond its edges, just directionally moving outwards. Let the body expand and notice all of the sensations of expansion. Return to the center and notice how you feel on the inside of the body. Let your breath travel through your entire body with ease. Let your attention follow the flow of the breath throughout the entire body, from the center to the outer edges of your body. Let the breath expand in all directions. Let the free-flowing breath release any tension in your physical body. Let the softness of the breath release any tension, any knots.

or any tangles left within the body. Let the free-flowing breath create calm, ease, and equanimity in the body and the mind. Let the breath infuse your body and mind with ease and calm.

Continue to breathe effortlessly, letting the breath move about, expanding and carrying with it the inner light,

From the center of your being, let that light radiate and move, taking its natural healing qualities to every part of your body, your being, spirit, and the mind. Allow for the body's natural qualities of health and expansion to move with ease. Bring your attention back to your sankalpa.

your intention that you created at the beginning of your practice. Remember your sankalpa word for word and repeat it to yourself three times. Know that your sankalpa and your intention are already a part of your reality and everything in the universe's plan is working for you. Let your breath guide you back to a place of ease and equanimity in your body. Start to prepare yourself. Come back into your body. Let your consciousness rise to the surface and to the edges of the physical body. Breathe deeply and fully, expanding from the inside towards the outside. To prepare to come out of your lying position, begin to wiggle your fingers and your toes. You can reach your arms up and extend through the sides of the body. Begin to prepare.

to come into a seated position, enjoying the benefits of this deep relaxation and expansion from your inner light. Come up to seated with ease. The practice of Yoga Nidra is now complete.