

Yoga Nidra Through the Christian Lens

What Yoga Nidra is

What Yoga Nidra is not

Why Christian Yoga Nidra

History

Science

Benefits

Traditional Sequence

1. Internalization- Draw the senses inward

2. Sankalpa-vow

The Lord has made covenant with us. Opportunity to revisit through Scripture.

3. Rotation of Consciousness-body scan

4. Breath Awareness-Opportunity to tap into gift with a breath practice

5. Awareness of Opposite sensations

6. Visualization-can be guided meditation or moving through images that illicit internal response.

Opportunity to explore quiet with the Holy Spirit

7. Sankalpa

8. Externalization-gently bring the student back.

General Nidra Guidelines

1. Lay flat, but not in bed

2. The less sensory input the better-dark room, loose clothing, neutral temperature

3. Palms face up, nothing touching fingers

4. No falling asleep

5. No music

6. No drafts

7. 2-3 hours after eating

8. 4 hours after caffeine

9. 2-3 hours after exercise

NOTES

Interested in learning more about Christian Yoga Nidra? Holy Yoga offers a 6 CEC course in Holy Yoga Nidra



Holy Yoga Nidra

Learn more about this life changing program today! Training Description
Over 50% of Americans experience sleep deprivation as a result of stress and/or anxiety, and over 30% suffer from insomnia. This can lead to a...

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