Yoga Nidra Through the Christian Lens

What Yoga Nidra is

What Yoga Nidra is not

Why Christian Yoga Nidra

History

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

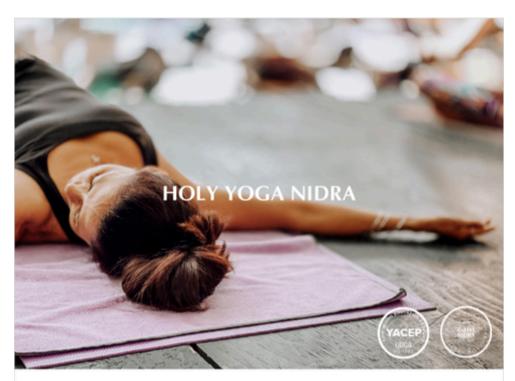
- 7. Sankalpa
- 8. Externalization-gently bring the student back.

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...

Holy Yoga /

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