

Yoga Nidra

Welcome to the YogaCheryl.com website! Please enjoy this free yoga nidra script for your use in your live classes. Please DO NOT record yourself reading this script! This gift constitutes a limited use license only. Other scripts (25 and growing) are available in the [Store](#), they include such topics as emotional processing, nature, moon phases, the gunas and kleshas, yamas, niyamas and doshas. An online [Yoga Nidra Training](#) is coming soon for teachers wishing to write their own scripts. Namaste!

INTRODUCTION

This is a short yoga nidra practice for when you only have about 20 minutes to devote to relaxation. Find a comfortable reclining position on the floor with your head and knees supported so that you can remain in this position for the entire practice. Rest your hands either on the floor beside you or on the lower belly and make sure that your heels do not touch the ground. You might use a small rolled blanket or pillow under the lower legs. Make sure that you are warm enough, that the room will remain quiet, you will not be disturbed, and that you have given yourself ample time to relax. Take a moment to make any last adjustments to your body, to your props or to your clothing so that you can be completely comfortable and at ease.

While practicing Yoga Nidra try not to fall completely asleep. The secret of the practice is to reach and sustain the state of consciousness between wakefulness and sleeping – the hypnagogic state. My voice will act as an anchor to keep you relaxed and in the present moment. If the mind becomes overactive with thoughts, continue listening with your full attention. If you feel yourself drifting, return to the sound of my voice and continue with the practice.

RELAXATION

Besides the sound of my voice, what other sounds can you hear? Radiate your sense of hearing outward to take in all the ambient noises that are occurring. Listen for the most distant sounds and follow them for a few moments. Listen without trying to label each sound. Gradually bring your attention to closer sounds. Those sounds outside of the building. Listen to sounds that are inside the building. What sounds are inside the room? What sounds are arising from inside your body? Can you hear the sound of your breath moving in and out of your body? Follow this slow and steady rhythm without trying to change it. Feel the fullness of the inhalation and the surrender of the exhalation. With each breath become more relaxed and centered.

SANKALPA

At this moment to recite your sankalpa or resolve. The sankalpa is a short, positive statement in present tense. Allow the sankalpa to arise from your truest desire to nurture yourself and state it three times silently. The sankalpa recited during yoga nidra plants this wish for self-discovery and transformation deep within your mind and will come to fruition with patience and repetition.

ROTATION OF CONSCIOUSNESS

You will now take a sensory journey through the pathways of the physical body. As you hear the different parts of your body mentioned, repeat the name of the part silently, move all of your awareness into that part of your body and notice the movement from one part to the next. Keep yourself alert and focused on the sensations coming from the body. Begin with the

Right hand thumb ... 1st finger ... 2nd finger ... 3rd finger ... 4th finger ... palm of the hand ... back of the hand ... wrist ... forearm ... elbow ... upper arm ... right shoulder ... armpit ... chest ... waist ... hip ... groin ... buttock ... thigh ... knee ... calf ... ankle ... heel ... sole of the foot ... top of the foot ... right big toe ... 2nd toe ... 3rd toe ... 4th toe ... 5th toe.

Left hand thumb ... 1st finger ... 2nd finger ... 3rd finger ... 4th finger ... palm of the hand ... back of the hand ... wrist ... forearm ... elbow ... upper arm ... left shoulder ... armpit ... chest ... waist ... hip ... groin ... buttock ... thigh ... knee ... calf ... ankle ... heel ... sole of the foot ... top of the foot ... left big toe ... 2nd toe ... 3rd toe ... 4th toe ... 5th toe.

Move your awareness to the top of the head ... forehead ... right temple ... left temple ... right ear ... left ear ... right cheek ... left cheek ... right eyebrow ... left eyebrow ... eyebrow center ... right eye ... left eye ... right nostril ... left nostril ... whole nose ... upper lip ... lower lip ... chin ... jaw ... throat ... right collarbone ... left collarbone ... right chest ... left chest ... heart center ... upper abdomen ... navel ... lower abdomen ... right groin ... left groin ... the pelvic floor ... tailbone ... sacrum ... right buttock ... left buttock ... the entire spine, from the tailbone to the base of the skull ... right shoulder blade ... left shoulder blade ... back of the neck ... back of the head ... crown of the head.

Now feel the whole right arm ... the whole left arm ... both arms together ... the whole right leg ... the whole left leg ... both legs together ... the entire torso ... the face ... the head ... the body ... the whole body ... your entire body.

DUALITIES

Continue to feel the entire body and notice that each part of the body feels very heavy and grounded into the earth. The arms are heavy, the legs are heavy, the head is heavy, the torso is heavy. The body is feeling so heavy and grounded that you seem to be sinking down into the floor.

Now experience the whole body becoming light and buoyant. A floating and weightless sensation comes into the arms and legs. The head and torso feel light and floating. The whole body feels so weightless that you rise from the floor toward the ceiling.

Return to the sensation of your body resting in peace, comfort, and safety as you practice yoga nidra.

INNER SPACE

Begin to concentrate on the dark space in front of your closed eyelids. Imagine before you a screen as if you were at the theatre. The mind screen is as high and as wide as they eyes can see. Concentrate on this screen and become aware of movement of light and shadow, swirls or flashes of color, patterns, and images.

Whatever you see is within your mind, try not to worry about the content. Practice being a witness to your awareness with detachment from judgment about whatever arises.

RAPID IMAGE VISUALIZATION

- Imagine a peacock feather ...
- a Buddha meditating ...
- a full moon ...
- your reflection in a mirror ...
- a foggy morning ...
- an unfinished puzzle ...
- a display of fireworks ...
- the mid-day sun ...
- a thriving garden ...
- a rocky shoreline ...
- a tall tree ...
- your front door ...
- a bright blue flame ...
- a temple on the mountainside ...
- the clear tone of a bell ...
- a path through the woods ...
- a vibrant sunset ...
- a bird in flight ...
- a dog wagging its tail
- the shape of your body lying on the floor ...

REPEAT SANKALPA

It is time to repeat your sankalpa. Please repeat the same statement made at the beginning of the practice three times silently. Nurture this deeply planted wish for self-transformation and healing.

FINISH

Begin to listen once more to all the sounds that you can hear in this moment. Allow each sound to bring awareness of the moments that are passing, moment by moment by moment. Can you hear the sound of your breath moving in and out of the nostrils? Feel the belly expand with each inhalation and surrender with each exhalation. As your awareness of the breath deepens, become aware of the physical body resting in Yoga Nidra. Visualize your body lying on the floor, imagine your location in the room, see the other furnishings in the room and become aware of the time of day. When you are ready to bring conscious movement into the body begin by wiggling the fingers and toes. Move the hands and feet, slowly stretch the arms and legs. Bend the knees one leg at a time and slowly roll over to your side. Use your hands to press yourself up from the floor and let your head come up last.

The practice of yoga nidra is now complete.