



Yoga Nidra Script – 23 minutes

There is no yoga language in this script & it is appropriate for all

An audio recording of this script can be found in the store as “Meditative Relaxation”

Setting yourself up for meditative relaxation. Feel free to use a chair or your mat on the floor. Feel free to prop up the head with a cushion. If the low back feels uncomfortable place the lower legs in a chair, or bend the knees placing the feet flat, wider apart than the hips, so that you can relax the legs. As you settle in, there may be times during this practice where you fall asleep or consciousness seems to wander. If that happens, allow my voice to be like an anchor that keeps you present in the practice and this moment. Snoring may arise. If it does, inquire into who is the one that is snoring. I will not be moving around the room, waking anyone up, or stopping someone from snoring. If you hear snoring, let it be an invitation to sense deeper into your experience.

During this practice, we welcome every sensation, feeling, emotion, and thought, as a doorway to a deeper experience of being present, here and now. Invite your intention, your heartfelt prayer. This is the seed that you, your heart, god, or your higher power, are planting for your personal growth and well-being. It is something that you hope to gain as a result of your practice. Imagine it as true and already happening, right now... Let it go and watch how it returns to you during your practice, during your day. Take a moment to adjust your cell for that you feel ten to fifteen percent more comfortable.

Let's cultivate the inner sanctuary. Your inner sanctuary is the place, real or imagined, where when you go there you feel peaceful, serene and at ease. This could be a place in nature, a special room, maybe the way you feel when you hear your favorite song. If more than one place is a rising, pick one that feels the most resonant or come mining all of these places into one super sanctuary. Imagine yourself in your inner sanctuary right now. Begin to take in the sights, sounds, the feeling of your inner sanctuary. Feel yourself becoming more peaceful, more serene, and at ease. This inner sanctuary is available to you at any point during the practice and your daily life when you need peace, serenity, and ease.

Now we'll rotate awareness through the body beginning with the mouth. Sense the lips, the mouth, roof of the mouth, floor of the mouth, sidewalls left and right. Sense the tongue. Experience the whole mouth as sensation. Sense the left ear and inner ear canal. Sense the right ear and inner ear canal. Expand the mind to experience both ears at the same time. The tip of the nose. Left nostril and right nostril. Sense the left eye, eyebrow, temple, and cheekbone. Sense the right eye, eyebrow, temple, and cheekbone. Expand the mind, the awareness, to experience both eyes at the same time. Sense the forehead, scalp, back the neck, sides of the neck, left and right, and the throat. Experience the whole face, head, neck, and throat as a radiant sensation.

Sense the left side of the body. Whole left side of the body lying on the earth. Left shoulder, elbow, wrist palm, and all the left fingers. Even aware of the space between the fingers. Back of the left hand, forearm, upper arm, and armpit. Experience the whole left arm. Even aware of the energy that surrounds the left arm. Sensing left shoulder blade, left side of the ribs cage, the front, side, and back. Left side of the abdomen and low back. Left hip, knee, ankle, sole of the left foot, and all the left toes. Even aware of the space between the toes. Top of the left foot, lower leg, thigh, and



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buttock. Experience the whole left leg. Even becoming aware of the energy surrounding the left leg. Experience the whole left side of the body. The whole left side of the body awake in the field of awareness.

And now imagine that the breath travels in for the sole of the left foot, up through the left side of the body all the way to the crown of the head. On the exhale, the breath travels down from the crown of the head, down the right side of the body all the way to the right foot. Every inhale, breath travels in through left. Every exhale, out through right. Inhaling left to the crown of the head. Exhaling right to the sole of the foot. Inhaling left. Exhaling right. Awareness traveling from the left hemisphere of the body to the right hemisphere of the body.

Pouring awareness into the right side of the body. Let go of the breath and sense the right shoulder, right elbow, wrist, palm and all the right fingers. Even aware of the space between the fingers. Back of the right hand, forearm, upper arm, and armpit. Experience the whole right arm. Even aware of the energy that surrounds the right arm. Right shoulder blade, right side of the rib cage, the front, side, and back. Right side of the abdomen and low back. Right hip, knee, ankle, sole of the right foot and all the right toes. Even becoming aware of the space between the toes. Top of the right foot, lower leg, thigh, and buttock. The experience the entire right leg. Even aware of the energy that surrounds the right leg. Experiencing the whole right side of the body, lying on the earth. Whole right side of the body an experience of vibrant and radiant sensation. The whole body and experience of radiant sensation. The whole body breathing itself in and out.

Expand the awareness to experience the whole body. Stepping back into the field of awareness, where these changing the physical sensations raise and fall. Yet awareness is so much more. Stepping back into the physical body, welcome an area and discomfort. An unpleasant sensation or a tightness. Resist the urge to adjust or fix. Welcome the experience discomfort in the physical body. Breathing and experiencing discomfort in the physical body. Out of this discomfort in the body, an experience of comfort in the physical body arises. Welcome an area of comfort in the physical body. A pleasant a sensation or a relaxation. Resist the urge to expand or change comfort in the physical body. Instead breathe with comfort in the physical body.

Diving back into discomfort in the physical body. Diving even deeper into discomfort. Perhaps there is an emotion woven into this experience of discomfort in the physical body. No need to search, or analyze, simply welcome and breathes with any emotion that is present within the experience of discomfort in the physical body. Be and breathe with discomfort and any emotion. Moving back into comfort in the physical body. Dive deeper into the experience of comfort and perhaps there is an emotion woven into this experience. No need to search or dig. Simply welcome an emotion if one is present. Be and breathe with any emotion that is woven into this experience of comfort in the physical body. Shifting awareness back to discomfort and any emotion that is present. Breathing with discomfort and emotion. Perhaps insight arises. Shifting back into comfort and any emotion that is present. Be and breathe with comfort and emotion. Perhaps insight arises.



Yoga Nidra Script – 23 minutes

Stepping back into the field of awareness where both discomfort and comfort and their associated emotions exist at the same time. That indescribable and indefinable experience of both at the same time.

Bring the awareness to the heart space. Dive into the heart space and welcome an experience of lightheartedness. Maybe a joyfulness or a blissfulness. Perhaps recalling a memory of lightheartedness. Let the memory go home and remain in the experience. Perhaps lightheartedness feels like a warmth spreading through the rib cage, like a smile spreading across the heart. Perhaps a lightness or an openness. Dive deeper into this experience. Feel lightheartedness, joyfulness or blissfulness. Let the whole physical body experience this lightheartedness. Like a smile that spreads through the entire physical body. Feel how the heart expands. The heart expanding into its true nature of loving without exception.

Expanding awareness, becomes aware of itself. The true nature of awareness, expanded, ever present, and unchanging. In this expanded awareness, experience yourself as you truly are. Where you are so much more than these changing sensations. So much more than these changing moods, emotions, or thoughts. This expanded awareness is your birthright. Within this field of the expanded awareness and loving without exception, plant the seed of the heartfelt prayer. Imagine it as true and happening right now.

Sensing the body lying on the earth. Feel the body lying on the earth. This vessel. Take a moment to thank this body for carrying you through this life. Perhaps even sending it a blessing. See this body breathing itself, join with this natural rhythm of breath. Begin to deepen the breath. Each breath getting deeper than the last. Begin to awaken the body, wiggling the toes, the ankles, fingers, and the wrists. Begin to reach, stretch and yawn yourself awake. Rolling yourself over onto one side, giving yourself the hug that you have been longing for. You deserve it if for no other reason than because I said so.

Take a moment here before moving to be present with yourself. Noticing how you feel if, where you are as a result of your practice. Using the support of your top arm, press yourself into a seated position, either on the floor, or in a chair. Let's seal in all the goodness of this practice using sound. If you wish joining me in the sound of OM, or Amen, or any other sound that feels appropriate for you. Taking a deep breath in, Om. Thank you for joining me and thank yourself for giving yourself the gift of self-care.