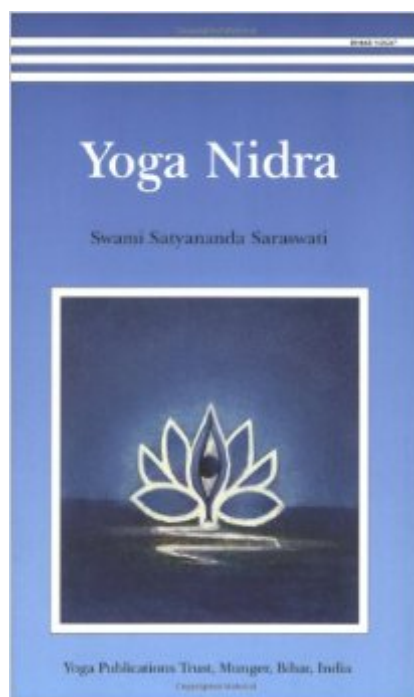


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# Yoga Nidra/2009 Re-print



## Synopsis

Yoga Nidra is a simple yet profound technique adapted by Swami Satyananda Saraswati from the traditional tantric practice of nyasa. The Text explains the theory of Yoga Nidra in both yogic and scientific terms and includes class transcriptions of the practice. It also presents the various applications of this versatile technique, which has been used for deep relaxation, in stress management and therapy, to enhance the learning process in education, to harmonize the deeper unconscious and awaken inner potential, and as a meditative technique. A research section is also included.

## Book Information

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (67 customer reviews)

Best Sellers Rank: #15,336 in Books (See Top 100 in Books) #26 in [Books > Religion & Spirituality > Hinduism](#) #54 in [Books > Textbooks > Humanities > Religious Studies](#) #55 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

## Customer Reviews

If you recognize stress as an inherent part of modern life, and see stress as a cause for many psychosomatic illnesses, you'll be interested in Yoga Nidra by Swami Satyananda. Satyananda's premise is simple and elegant. Our minds are mainly turned outward, concentrated on the external events. When turned inward, our minds are mainly obsessed with unresolved events from the past or worries related to the present or future. These become additional sources of stress. We try to relax by engaging in activities such as reading the newspaper or watching television, but we are relaxing in a wrong way. These activities keep our senses active, which do not promote true relaxation. Yoga nidra is a natural technique for real relaxation, with senses turned off and a peacefully focused mind. This yoga technique does not make our mind lazy and sleepy. Instead, it brings us to a state of complete physical, emotional and mental relaxation and increased inner

awareness. Satyananda has brought us this practice through a practical book with detailed descriptions of yoga nidra techniques. Yoga nidra is a meditative technique of aware sleeping; "nidra" means "sleep" in Sanskrit. This meditative technique brings us to a state of conscience between sleep and awakened awareness - in other words, a sleep state without loss of awareness. In such a state, we experience a deep relaxation and latent contents of our subconscious are being awaked. This has a strong healing effect on us and removes obstacles we may find hindering our self-development. Reading this book will definitely expand your views, but it's the diligent practice of yoga nidra that will yield positive changes. Accept Swami Satyananda's invitation to a spiritual pilgrimage to a state of relaxation and see what happens.

This book is a treasure trove of information; very readable presentation with great insight on medical and yogic issues related to this ancient practice. Yoga Nidra is more than relaxation, it is a way to access the deepest levels of the Self through the progressive suspension of distractions. It leads the individual through progressive relaxation, visualization, affirmation, and insight. Its practice synchronizes the hemispheres of the brain by utilizing sound as the means of guidance. The Monroe Institute uses the same principles in its Gateway Program which uses "Hemisync" to lead the individual through progressive relaxation, affirmation, visualization by means of specific sound frequencies. If you think you may be interested in consciousness exploration give this book a try. No dangerous effects..at worst you fall asleep. This book offers an excellent practice that yields results! Great buy at any price.

I've had this book sitting on my shelf for almost a year. I took a look at it, but at the time I was new to Yoga. I mean Yoga as an entire system, so I studied the Bihar's School of Yoga other books. Starting with the philosophy of Yoga, moving on to the practices. After practicing Pranayama and Meditation, I wanted to go deeper and I finally picked up this book. I read it and continue to re read it, it is truly a magnificent book explaining the practice of deeper meditation and how you can become in control of your life. You must let it work for you. Having memorized the first routine, I began practicing (it's so easy), and I feel the energy flowing where it was always blocked and another benefit from this awesome practice is that my irregularity has subsided. I couldn't believe it. I'd suffered from it for so long that I thought it was a serious medical problem but with this technique I have learned to really relax. My body became mine again. Along with this relief, so much has started to fall into place. I am truly grateful for these publications, having put my life in order. I have much more focus, control and as it progresses I feel so much better to make decisions about my

life. Thank you Bihar School of Yoga and Staff. Thank You! If you wish to gain some control over your existence I recommend this work wholeheartedly... Enjoy!(I'm a devout Bihar School of Yoga student, see my other reviews on their books click links):Dynamics Of YogaNawa Yogini Tantra: Yoga for WomenMeditations from the TantrasAsana Pranayama Mudra Bandha/2008 Fourth Revised EditionThe Effects of Yoga on HypertensionThe Practice of Yoga for the Digestive System

I notice that reviewers have not dwelled on the substance of the book. The book is made up of a series of scenarios, or extended visualizations, that one practices in Yoga Nidra. One reviewer mentions an audio cassette, which I doubt is readily available. However, you can and should make your own audio files, reading from the book, which you can store on your computer, for example, then on your MP3 player. Consider also having someone else read from the book to create the files, so you don't have the distraction of hearing your own voice. Then you can play them back while in Yoga Nidra, and fully appreciate their power. Also good are the pre-made CDs, such as the one I have linked.Â Yoga Nidra Meditation CD: Extreme Relaxation of Conscious Deep Sleep

For anyone interested in yoga and personal development this book introduces a modernized explanation of an ancient form of self improvement through a specialized type of guided visualization. The information is very complete offering theory, practise and scientific research on the subject. Particularly useful are the various scripts for the visualizations themselves that allow a facilitator or student ready access to developing the practise.I found the material concise and easy to read despite a slight quaintness in the style that points to it's origins in another era and culture. A delightful and highly useful book

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