

Yoga Nidra is a sleep based meditation technique that allows the body & mind to deeply relax. This technique is received laying down, and brings you to a relaxation state allowing the body to restore itself and heal from within.

Yoga Nidra boosts the immune system & accelerates the healing mechanisms of the body. Benefits of this practice are plentiful;

Yoga Nidra decreases your body's production of:

- Cortisol
 - Cortisol accelerates aging, decreases bone density, elevates blood pressure, suppresses thyroid function, causes blood sugar imbalances such as hyperglycemia, lowers immunity, increases inflammatory responses in the body, increases abdominal fat and LDL, decreases HDL

Yoga Nidra increases your body's own production of:

- GABA decreases anxiety, depression, muscle tension, cardiac stress, PTSD
- Melatonin increases restful sleep, biorhythms of the body
- Serotonin decreases depression, food for hippocampus which effects memory and mood
- Oxytocin is pleasure hormone, creates feelings of calm, while reducing anxiety. Reduces pain.
- Endorphins reduce blood pressure, internal pain killer, linked to anti-cancer
- Dopamine helpful with focus and reward
- DHEA ~ meditation dramatically boosts DHEA hormone levels. Associated with aging, risk of heart attack, diabetes, cancer, osteoporosis, obesity, chronic fatigue. DHEA enhance memory, helps alleviate depression.