

Yoga Nidra is a powerful, scientific method, based on ancient Tantric texts, of complete mental, physical and emotional relaxation.

Through the practice of Yoga Nidra your brain effortlessly transitions into an altered state of consciousness which helps you relax, focus, sleep better, and much more.

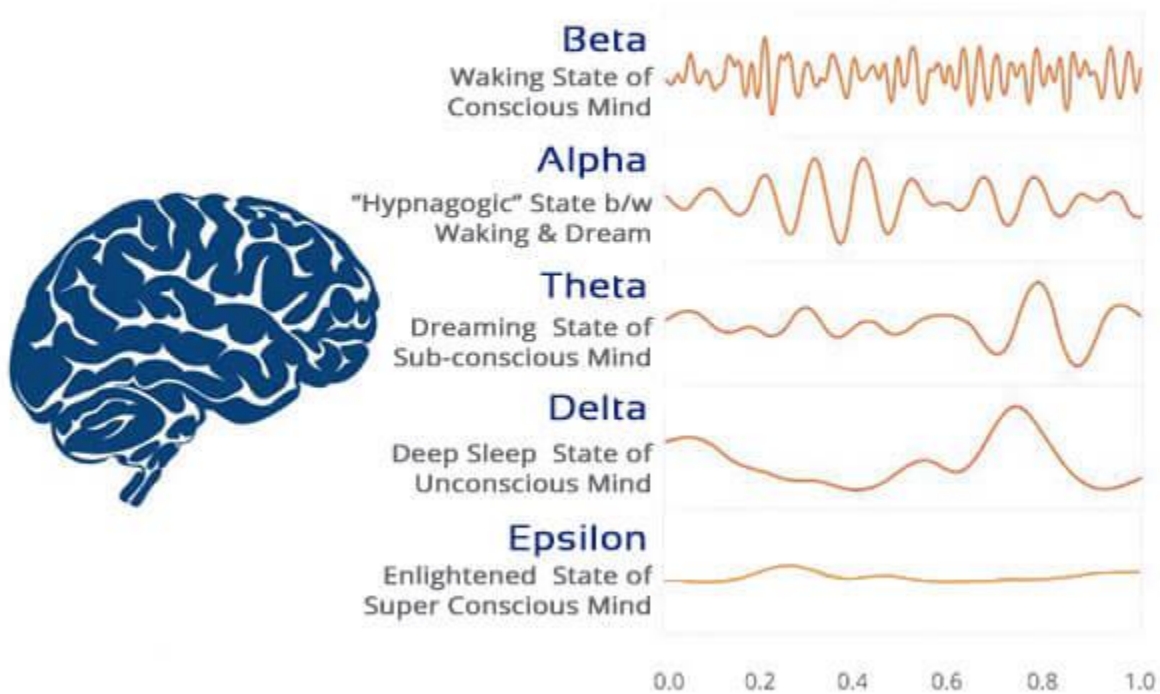
Yoga Nidra induces your brainwaves to transition from the waking state, through the “hypnagogic” state (between waking and dream), into dream and deep sleep states.

This transition however, is not done unconsciously. Using the tool of Yoga Nidra the transition is done with full conscious awareness which allows the practitioner to access layers of the subconscious mind with clarity and mindfulness.

This allows for the release of many negative patterns in the mind to unravel and ultimately dissolve.



Yoga Nidra & Brainwaves



The actual practice of Yoga Nidra initially encourages prolonged “alpha wave” activity, which has been scientifically proven to induce deep relaxation, reduce stress, spark creativity and much more.

Advanced practitioners can even access the “theta” and “delta” experiences with full consciousness, ultimately aiming for the super-conscious, enlightened experience of the “epsilon” state.

What You Can Do With Yoga Nidra

Reduce Stress

Studies have show that meditation **relaxes your muscles and calms your mind**. Yoga Nidra enhances body/mind rejuvenation, and gives **improved immunity to stress** in everyday life.

With Yoga Nidra, you are just minutes away from experiencing deeper meditation.

Yoga Nidra, the method of Conscious Sleep, is considered to be one of the deepest meditation techniques, leading you into a state of total stillness and insight.

This ancient form of guided meditation has been proven effective to reduce stress, tension, anxiety, sleeplessness and many other psychological disorders.

Yoga Nidra is a revolutionary way to cut out the resistance and mental chatter you experience when you sit down for meditation.

Get acquainted with this and you'll see how altering your brain-waves can instantly transport you into a magical state of deep relaxation.

Yoga Nidra releases built up tension, stress and anxiety, providing a perfect self-development tool for the often fast-paced life of the modern world.