

Lesson 1

Nidra Yoga

Nidra Yoga, or Yoga of Sleep, brings deep meditation, relaxation and health.

While practicing Nidra Yoga we use:

- Pranayama
- Mantra
- Visualizations
- Mudras
- Asanas

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Nidra Yoga

Nidra Yoga was brought to the world 1000 years ago by Guru and Philosopher Patanjali.

We use Nidra Yoga to:

- Heal our mind, body and emotions
- For rejuvenation
- Insomnia and other disbalances
- Helps with heart chakra
- Reduces stress
- Improves blood circulation

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Our three Doshas:

- Vata, represented through ether and air
- Pitta, represented through fire and water
- Kapha, represented through water and earth

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Gunras, or your emotions:

- Sattva-balance, harmony, clarity
- Rajas-disturbance, agitation, ego, control, motivation
- Tamas-stability, darkness, stagnation, laziness

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5 Goals in your life:

- Dharma-destiny in your life, what we came here to do in this particular reincarnation.
- Artha-represents our earnings, both material and spiritual.
- Kama-represents our enjoyment at the spiritual and material level.
- Moksha or Nirvana-represents our spiritual freedom.
- Arogya-represents our health, including physical, emotional and mental.

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Atma is our soul, which is immortal and harmonic.

Ananda is your bliss or happiness, which we are trying to reach through Nidra Yoga.

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Questions

1. What is Nidra Yoga?
2. Who invented Nidra Yoga and how long ago?
3. Why do we need to practice Nidra Yoga?
4. Explain 3 Doshas.
5. Explain 3 Gunas.
6. What is Moksha?
7. What is Atma?
8. What is Ananda?