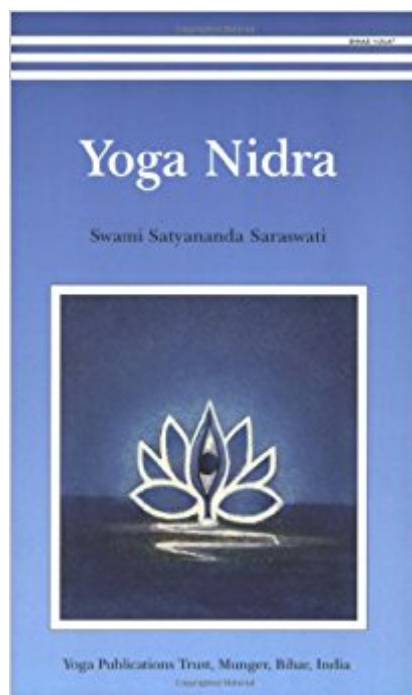


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# Yoga Nidra/2009 Re-print



## 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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## Customer Reviews

Swami Satyananda Saraswati is the Author of such great classics like Asana Prana Yama Mudra Bandha, Kundalini Tantra, Sure Ways to Self-Realisation, Prana, Prana Yama, Prana Vidya, Meditations From Tantras, Surya Namaskara and many others. (All available with .com). He founded the Bihar School Of Yoga and made it a classic institute, known and popular world over.

It is, at times, unclear what authors mean by the term "yoga nidra," or yogic sleep. I purchased this book looking for methods of experiencing the "clear light" of deep sleep, or conscious awareness in the deep sleep state. According to Saraswati, yogic sleep does not entail full pratyahara or withdrawal of the senses; in effect, yoga nidra takes place in the hypnagogic state. For practitioners who are already able to enter to hypnagogic state and stay there without falling asleep, I wonder at

the actual usefulness of this practice. Also, as yoga nidra uses the auditory sense as the means of anchoring awareness, it might have been nice to include a CD of the scripts, so the new practitioner could get started immediately (as opposed to having to record her own scripts).

Despite all the history with Swami, this is THE yoga Nidra book and it trumps all others. If you're interested in Nidra, this needs to be in your bookcase. It's a prized possession now. It digs into the basics, history, science, and applications of nidra with a few great scripts you can record (or use in class if you're an instructor).

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 Yoga Nawa Yogini Tantra: Yoga for Women Meditations from the Tantras Asana Pranayama Mudra Bandha/2008 Fourth Revised Edition The Effects of Yoga on Hypertension The Practice of Yoga for the Digestive System

Yoga Nidra is basically 5th stage ("pratyahara") of Patanjali's yoga sutra. Yoga Nidra can be practiced even if you don't practice any style of Hatha Yoga (that is, Asana-Pranayama-Mudra-Bandha). But I find more benefits from Yoga Nidra when I practice Asana/Pranayama before Yoga Nidra practice (basically, after I come home from Vinyasa yoga class, I practice Nadi Shodhana Pranayama and then I practice Yoga Nidra). Pratyahara means withdrawal of senses and Satyananda Yoga Nidra achieves exactly the same, which results in deep

body and mind relaxation. Satyananda Yoga Nidra is a practice based on Tantric practices which involves systematic stages such as resolve (Sankalpa), rotation of consciousness, breath awareness, feelings and sensations, visualization. This book has practices as well, so you can create your own practices (recorded in your or your spouse/relative/friend's voice). Alternatively you can buy Yoga Nidra CD by Swami Janakananda Sarswati (Swami Satyananda Sarswati is Swami Janakananda Sarswati's guru) which has two versions (short and deep) of Yoga Nidra.

Great book for understanding what yoga nidra and it contains scripts that can be used. I normally pick out parts of the yoga nidra script examples because the entire script would require at least 20 to 30 minutes.

If you want to learn to effectively practice pratyahara, get this book. If you want to successfully help others achieve pratyahara, get this book. Swami Satyananda Saraswati is the master of Yoga Nidra. This book is easy to read, easy to follow, and it's totally philosophically and spiritually eye-opening.

This is the timeless classic that most Yoga Nidra teachers use, to create their own CDs. It has all of the classic scripts, as well as a deeper investigation into the workings and benefits of the practice of Yoga Nidra. If you are planning on working Yoga Nidra in any capacity, this book, along with Dr. Richard Miller's book, *Yoga Nidra A Meditative Practice for Deep Relaxation and Healing*, are the text books you will need. BTW, Dr. Miller mentions this book in his book, as being one of his first books he read on the subject.

I use to tape myself with the Windows Sound Recorder. Then I burn CDs with the Windows Media Player. It's the fastest way to get the job done. I had to get used to hear my own voice. But then it is not about the voice or about the instructor, but about the instructions themselves. It's hard to make someone else read the text to you because of the part where you count your breath backwards. So there's a long pause for the number of breaths taken. And a reader who's not familiar with the practice wants to resume reading early. I have some Yoga Nidra CDs with Swami Nirajananda and Swami Satyananda too. And their voices aren't too gentle either. What Yoga Nidra did to me: It dramatically improved my memory. In studying I grasp things faster and better. I am more relaxed and focused. I feel more rested after sleep. I am way more focused on my job and don't try to do many things at once anymore, but one after another. The quality of my work is much better - much! better.

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