

Noga Nidra

Story script part 1

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Stage 1

Settling Into Shavasana

Welcome, now we begin this nidra practice accepting that we will be free to practice yoga nidra for the next 25 mins without any interruptions....

In Yoga Nidra we begin by setting the body to be comfortable enough to remain still and be alert enough to listen and complete the practice....

Prepare the body to lay in Shavasana posture ensuring your complete comfort...

Take your time to lay down on the mat, facing upwards
Using blankets to keep you warm and comfortable throughout this practice...

Feel free to use any other props or extra blankets to place behind your head, neck or behind the knees or anywhere you feel you need extra support to ensure your complete comfort...

Your shape and form in Shavasana...

In Shavasana...

Arms lay away from the body...

Legs lay slightly apart and allow the feet to turn outwards naturally...

The wrists and back of the hands lay firm on the ground and allow the fingers to separate, spread out and curl naturally....

The whole back of the body is supported by the ground...

Eyes may close or remain open...

Now make any final adjustment...and begin to connect with your comfort in Shavasana....

Begin to notice any sensations you are feeling... as lay in your comfortable posture.

Let go of any uneasiness you may feel and continue to experience being comfortable...

Now move observations away from the body and begin to notice your environment.

Notice any sounds near or far...

Begin to let your awareness notice the environment...

Begin to notice the smells around you and the temperature of the room...

Notice the feeling of the ground beneath and the clothes that cover

you...

Allow your awareness to move swiftly around the environment with ease... let your awareness move place to place...,

...witnessing sounds, smells and experiencing the sensations of touch...

Now bring your awareness away from the environment and begin to connect with the body laying in comfort...

Stage 2

Yoga Nidra Moment Of Sankalpa Setting Your In- tention Or Resolve

Bring your focus and attention to the eyebrow centre to make your Sankalpa...

Sankalpa is your intention or resolve let the Sankalpa come naturally to you...

Sankalpa is a nonmaterialistic statement made up of just a few words...

This maybe a wish or personal ambition-

These words are special to you and remain with you and not to be shared with anyone...

Repeat the sankalpa several time...

Finish repeating your Sankalpa...

Stage 3

Yoga Nidra moment of rotation of awareness

Bring your awareness back to the whole body.

Begin once again to observe, notice and witness the whole body laying comfortably on the floor....

Now my instructions will guide your awareness from one body part to another...

The language will aim to swiftly guide your awareness from one area of the body to another...

Simple remain still, comfortable and alert enough to feel any sensations when moving the awareness and observations around the body...

Bring awareness to the right side of the body...
...The whole of the right side ...

The right hand-
The right hand thumb-
Second finger-
Third finger-
Fourth finger-
Little finger-

Whole of the right hand-
...Back of the right hand-
Palm-
Wrist-
Forearm-
Elbow-
Upper arm-
Right shoulder-
Armpit-
Right side-
hip-
Glute-
Thigh-
Knee-
Shin-
Calf-
Ankle-

Right heel-
Sole of the right foot-
Right big toe-
Second toe-
Third toe-
Fourth toe-
Little toe-

...The whole of the right side of the body...

Now bring your awareness over to the left side of the body...
...The whole of the left side of the body...

Left hand-
Left hand thumb-
Second finger-
Third finger -
Fourth finger-
Little finger-

Whole of the left hand-
...Back of the left hand-

Palm-
Wrist-
Forearm-
Elbow-
Upper arm-
Left shoulder-
Armpit-
Left side-
hip-
Glute-
Thigh-
Knee-
Shin-
Calf-
Ankle-

Left heel-
Sole of the left foot-
Left big toe-
Second toe-
Third toe-

Fourth toe-
Little toe-

Notice whole of the right leg-
Notice whole of the left leg-
...Both legs together-

The right glute ...The left glute-

Whole of the spine... back of the neck...

Right shoulder...left shoulder-
...in-between the shoulders...

Whole of the right arm...whole of the left arm...

Back of the head ... top of the head-
...whole of the forehead...

Right temple...left temple...

Right eyebrow...left eyebrow-
...in-between both eyebrows...

Right eye... left eye-

Upper lip...Lower lip...both lips together...

Right ear... left ear...

Right side of the jawbone...left side of the jawbone-
...the whole jawbone...

Chin...throat area...

Right side of the chest... left side of the chest-
...centre of the chest...

Belly area...pelvic area...

Whole of the right leg...whole of the left leg-
...both legs together.

Whole of the right arm...whole of the left arm-
... both arms together.

The whole back of the body-
The whole front of the body.

The whole body...

Notice and observe the whole body and bring your awareness to focus on the breath.

Focussing on the breath...

Stage 4

Yoga Nidra Breath Awareness

Notice the breaths movements.....

Allow yourself to become close to the breath

Take time to notice the belly gently rise and fall...
Notice the smoothness of each breath...

Witness the natural flow and rhythm of the breath and-
closely observe each inhalation and exhalation...

Observing and mentally following each inhalation and exhalation...
Allow yourself to become close to the breath...

Begin to count the breaths cycle-
Count each inhalation and exhalation as one cycle
Begin counting at 27 and count down each cycle of breath until you
reach 0...

At times you may lose track of counting...
At that moment begin counting again-from 27...
This may happen time to time, let it happen, simply- begin counting and
start again...

Continue to closely follow each inhalation and exhalation-
Mentally remaining close to the each cycle of breath...

Remain present...
Remain alert...
And remain still – as you watch and count each cycle of breath...

Now end the counts of the breath cycles and draw awareness to the
whole body laying in comfort on the floor...

Stage 5

Yoga Nidra Pairs Of Opposites

Observe the whole body and with your awareness start to encourage the experience of heaviness....

Encourage the feeling of heaviness all around the body...

Each body area is becoming heavier as time passes...

Right side of the body and the left side of the body are heavy...

Heaviness in the right arm... heaviness in the left arm...

Heaviness feeling in the back of the body-

Heaviness feeling over the top of the body-

The head is heavy...shoulders heavy.. hands heavy... feet heavy...

Heaviness is in every part of the body...

The whole body is heavy

Now let go of this heaviness feeling..

Let the heavy feeling go...and invite the feeling of lightness all over the body...

Encourage the experience of lightness...

Each body area is becoming lighter as time passes...

Whole of the right side of the body and whole of the left side of the body is becoming light...

Lightness in the right arm... lightness in the left arm-

Lightness feeling in the back of the body-

Lightness feeling over the top of the body-

The head is light... shoulders light... hands lay light... feet are light...

Lightness is in every part of the body...
The whole body is light

The whole body.

Now let go of the feeling of lightness-
Let the feeling of lightness go...

Draw your awareness to the whole body laying in comfort on the floor...

Remaining alert-
And remaining aware-

Bring your awareness back to the eyebrow centre...

Stage 6 Yoga Nidra Visual- isation

The Story Line

Now imagine tracking across the countryside on an old country path.

The sky is clear, still and blue.

It is a pleasant sunny day with a cool breeze, one that keeps you feeling fresh and alert under the heat of the sun.

The path leads you towards open fields and then on towards many rough hillside tracks.

Tracks which all lead to a small mountain peak. A place where you plan to settle to observe the surroundings.

Looking up at sun and the clear blue sky you notice how grand and yellow the sun is.

As you look up the warmth of the sun is felt on your face and the whole body.

This is a warmth which subtly encourages the body to soften and relax.

You walk on remaining in awe by the sun's grandness in the clear blue sky

Trusting you are walking in the right direction on this old country path you walk freely, and happily.

This feeling relaxes the body and encourages a sense of lightness on the whole body. And is noticed more so as each step you make feels lighter and lighter.

You stop and take a pause to nourish this moment.

Looking up at the sky.

The sky isn't simply one constant blue but has many interesting shades of blue.

In the distance a shimmering white lining reveals the presence of clouds.

Clouds that will soon pass over.

This notion fascinates you.

You wonder about the world revolving and swiftly moving around and yet how the sense of stillness remains present.

You continue on your walk.

Now paying more attention to what surrounds you on earth.

You observe the colours of the countryside as you walk.

Surrounding you, rows of handmade stone walls blend together well with trees, hedges and brooks that divide the lands and fields.

Amidst these boundaries wild flowers bloom.

This is a view which depicts the presence harmony and balance of nature in present the countryside.

You begin to notice the colors of the countryside...colors of brown, green, white, yellow, purple and red blend together and under the sunlight these colours seem to stand out more so.

Observing your surroundings you experience an uplifting feeling, one that can't be explained in words.

The farm land turf has been combed, seeded and planted and you can tell this by the neat lines in the soils left behind by the harvest tractors as they ploughed the lands.

These views depict nature and mankind living in harmony in a pleasant way.

Attracted by these views you walk over to part of the stone wall. Here you rest your elbows on the top of the wall and cradle your chin in the palms of your hands. Then you begin to observe the views before you.

Taking a pause from the walk you simply observe and notice your environment.

A gentle breeze conveniently brings the smells of the countryside to you as you stand rested against the wall.

You close your eyes and rest.

You welcome the earthy smells of the land.

The raw smell of harvested land is clearly present around you.

And time to time the smell of wild flowers floats over to you.

And occasionally the breeze carries faint sounds of water flowing from nearby brooks.

With greater awareness the sounds of wildlife can be heard.

Bird songs and the sounds of sheep can be heard in this cooling breeze.

Even the sound of bees working can be heard.

In this moment you begin to feel at ease and start to contemplate.

Eyes closed you listen and invite the smells and sounds of the countryside to keep you company.

In this moment you experience a sense of stillness.

In this stillness you welcome notions of being in harmony with the environment.

After a short while you open your eyes and continue on your walk to-

wards the small mountain peak.

Looking up you notice the clouds are beginning to make their presence in the blue sky and wonder how much time had past whilst you rested against the wall...

Bring your awareness back to the eyebrow centre.

Stage 7

Yoga Nidra Reconnecting With Your Sankalpa

Bringing your awareness and focus to the eyebrow centre and begin to reconnect with your Sankalpa. Connect with your Sankalpa once again. The Sankalpa you repeated at the beginning of this practice. Connect with your Sankalpa and repeat the Sankalpa several times with faith and conviction....

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Repeat with reflection.

Contemplation.

Repeat with a steady mind.

Stage 8

Yoga Nidra Returning Back To The Body Externalisation

Finish the repeating your Sankalpa.

Bring your awareness back to the body laying on the mat...

Back to noticing the whole body.

Observe and once again be witness to the entire body laying on the mat...

Begin to notice your environment...

Let the awareness move swiftly around the environment...

Notice any sounds around you...

And the feeling of the temperature of the room...

Be aware of the ground beneath you....

Begin to notice the clothes keeping you warm and comfortable...

Take your time to notice and observe your environment allowing any sense impressions to be experienced...

Now place your awareness on the breath.
Begin to encourage a breath to wake up the body...

As you expanding the breath to wake up the body start to bring gentle movements around the body...

Begin to stretch out the legs and arms
Rotate the wrists and let the fingers move freely...clenching them and letting them stretch out...

The feet can begin to flex and stretch out....

Now move with ease and move freely as you wish to support your waking up...
Encourage a mindful waking up.

Allow the eyes to gently open.

Release the neck and gently look to the left then gently turn and look to the right.

Move and rotate the shoulders or lift up and down to wake up the body.

As you break out of stillness be aware of the contact of the body on the floor as you move.

Waking up the body with a good sense of mindfulness.

Be kind to yourself and wake up with a good sense of your environment and a good sense of your own well-being.

Stretch and wake up the body.
Expanding the body as you wish.
Expand freely and mindfully.

In your own way come to a comfortable seated position

Be aware and alert to this present moment.

Notice the ground beneath.

Taking comfort from the ground by allowing the ground to take the whole of your weight...

Allowing yourself this comfort...

Encourage the feeling to sit up alert with ease and steadiness.

Be aware of your environment and observe freely the room around you allowing you to be awake feeling present and alert.

Feeling safe and happy to return back to your waking state.

Sit with an alert spine...and take a few moments to reflect on your Yoga Nidra practice.

The practice is now ended.

Take a few moments reflecting on your Yoga Nidra practice.

