**Yoga Nidra – Getting Started**

**Yoga Nidra** derived from the Tantras, is a powerful technique in which you learn to relax consciously – a systematic method of inducing complete physical, mental and emotional relaxation.  **Yoga Nidra means** Yogic Sleep. It is a state of conscious Deep Sleep.  One hour of Yoga Nidra, has the same benefits of three to four hours of restful sleep!

**Yoga Nidra brings** an incredible calmness, quietness and clarity and is highly transformational practice when practiced with commitment and discipline.  Experience the benefits for yourself.

Before you listen to the audio, read the following to prepare:

* Find a quiet place to practice where you are free of all distractions.  Turn off the phone, let your partner or kids know you will be practicing so you will not be disturbed – enlist your support system.   Create sacred space that helps you maintain your practice
* Wear comfortable clothing
* Lie on a comfortable surface, either a Yoga Mat or a blanket.

During yoga nidra it’s important to listen to the instructions, stay awake and alert, and keep the body still as you continue to relax during the session.

Enjoy.