



# *Yoga sleep*

Deep mental and physical rest

Guided practice led by Anandi



# Welcome to Yoga Sleep with Anandi

Yoga Sleep or Yoga Nidra in Sanskrit is a soothing guided practice designed take you into a deeply relaxed state. It will calm your emotions and create a deep sense of inner tranquility.

One hour of yoga sleep is equivalent to approximately four hours of sleep and most certainly help our body cope with sleep deprivation. It will take you into a relaxed state that is deeply nourishing for your mind and body.

Tension builds up in the physical body but also emotional stress and mental tension from over work also build up in the mind. Yoga sleep is an excellent way to completely release all of this tension.

Collapsing on the sofa is not sufficient to deal with amount of deep seated stress and tension we experience in life today. We often don't realise just how much tension we held in our system until we start becoming ill. This we call 'stress related disease!

Yoga sleep is an effective way of:-

- Promoting deeper more restful sleep
- Helping to lower your blood pressure
- Deeply relaxing the mind and body
- Helping to regulate serotonin levels
- Improve your memory and concentration
- Easing headaches
- Relieving jet lag



## Getting the most out of your practice

“Preparation is very much part of your practice. Honouring it with all of your intention and appealing to the senses will deepen your connection to it”



## Important preparation

This practice is not something you can rush. Make sure you download all of the recordings onto an MP3 player. **Do not play on your computer.**

## Things you'll need for your practice

Gather the things for your practice. A yoga mat that is dedicated for your practice will help anchor you to the peaceful experience of yoga sleep. You'll need some cushions. One to put under your knees, one for under your head and a few snuggly blankets. The sense of smell is a very powerful way to anchor yourself to a relaxing process, so lighting a gorgeous candle will immediately transport you to tranquility. Keep this particular candle sacred for your practice.



## The space

A calming and relaxing environment that is soothing to the eye is important. As soon as you step over the threshold of this space, you should feel the stress start melting away.

Make sure you tell everyone you are busy, or simply switch the phone off.

## You

Make sure you have an hour of undisturbed time for your practice. Rushing into the practice will make it difficult to relax, so take time to prepare. Start the wind down process by taking a sumptuous bath or shower and put something warm, cosy and comfortable on. As your body starts to relax, your body temperature will drop so make sure the room is warm.





## How to do the practice

Lay down on your yoga mat or your bed. It is important to remember to have something under your knees so your back is relaxed. Cover yourself up with a few blankets and snuggle down.

Take a few long deep breaths and sigh loudly on the exhale.

When you are ready, press play on your MP3 player and close your eyes.

When you have finished, sit quietly with a cup of relaxing tea.

Enjoy the rest of your day.

With love