

notes on yoga nidra

You practice Yoga Nidra lying down with a blanket over you. Traditionally you lie on the floor - this helps prevent you from falling asleep - but we think you should be as comfortable as possible (Emma always practices yoga nidra in bed!). Don't worry if you do fall asleep, the yoga nidra will still work very powerfully. Each time you listen you may be able to stay awake for a little longer and experience the state of conscious sleep.

If you're pregnant (from 24 weeks, or sooner if comfortable) you should try and lie on your left-hand side. Experiment with putting pillows between your legs and a blanket or towel under your bump and tucked behind your back to help keep you supported and in position. If you are struggling with sleeping at night then you may find the *Yoga Nidra for Sleep* recording beneficial.

choosing a sankalpa

At the beginning and end of the yoga nidra recordings you will be asked to repeat a Sankalpa three times. A Sankalpa is a resolve or affirmation. It is a short, positive statement in the present tense, a determination to become someone or do something in life. This mental statement is impressed on the subconscious mind when it is receptive and sensitive to autosuggestion. When you have settled on your Sankalpa you should stick with it until it has come to pass or you feel the need to change it.

If you wanted a Sankalpa to help with confidence, for example, you would say "I am confident in all aspects of my life," which is short and positive. You wouldn't say "I am not unconfident anymore," because it's negative (a double negative at that - tsk, tsk!).

It is up to you to take some time to work out the Sankalpa that will help you the most in your life. If you are struggling to choose one, then repeat "The perfect Sankalpa has come to me."