##### Mini Yoga Nidra

Here we will work through the initial stages of a yoga nidra to bring a state of deep relaxation.

* Lie in savasana making yourself comfortable – take your time to adjust yourself using aids such as blocks or blankets where they will be helpful.
* Let as much of the underneath of your body be in contact with the floor as possible so your body can be truly supported by the floor beneath. Toes falling to sides, shoulder blades nestled to the floor as shoulders lower from your ears, arms just out from your sides, palms facing upwards, fingers naturally curling. Adjust your head so your neck feels long and open.
* Feel the base of your tongue broadening within your mouth, your eyes softening as you fall into the back of your eyes, into the back of your brain.
* Now take several deep breaths, breathing in through the nose and out of the mouth. With every exhalation gently whisper 'aaah' feeling yourself settling down against the floor, becoming less aware of your surroundings and more aware of yourself..... With each exhalation gradually letting go…..your body settling……
* Resuming easy breathing in and out of your nostrils gradually allow your breathing to quiet, just notice the air passing through the nostrils, warmer as you exhale a little cooler as you inhale…….. stay with this simple breath allowing your breathing to become slower, not quite so deep....., your breath becoming a little slower……releasing all control of your breathing….
* Now is the time to begin the rotation of your consciousness around your body, remember you are not trying to relax you will simply take your attention to the part of the body which is named……Work with a gentle awareness as we move rapidly around the body. Do not try too hard all you must do is listen to my voice and place your awareness as instructed…….
* Become aware of the right side of the body. Place your awareness in the right hand thumb, the right index finger, middle finger, ring finger, little finger, palm, back of hand, wrist, lower arm, elbow, upper arm, shoulder, armpit, right waist, right hip, thigh, knee, calf, ankle, heel, sole of the foot, the top of the foot, toes.
* Become aware of the left side of the body. Place your awareness in the left hand thumb, the left index finger, middle finger, ring finger, little finger, palm, back of hand, wrist, lower arm, elbow, upper arm, shoulder, armpit, left waist, left hip, thigh, knee, calf, ankle, heel, sole of the foot, the top of the foot, toes.
* Bring your awareness to the right buttock, left buttock, right shoulderblade, left shoulderblade, the length of your spine, the whole length of your spine, the back of the neck, the back of the head.
* Bring your awareness to the top of your head, forehead, right temple, left temple, the space between the eyebrows, right ear, left ear, right cheek, left cheek, tip of nose, upper lip, lower lip, both lips together, tongue, chin, throat, right chest, left chest, navel, abdomen.
* Awareness now of the whole of the right leg, the whole of the left leg, both legs together. The whole of the right arm, the whole of the left arm, both arms together. The whole of the front of the body, the whole of the back of the body, the whole body together, the whole body together, the whole body together.
* Say to yourself three times ‘my whole body is relaxing….my whole body is relaxing…..my whole body is relaxing’….my whole body is relaxed…..
* Begin to notice any movement occurring at the chest, you are not doing this, it is happening on its own, just quietly observing…. Feeling deeper inside your lungs as air enters and leaves…. Begin to notice how as the air pressure inside the lungs decreases your body gently contracts and as the air pressure increase your body gently expands …..watching yourself breathe from the inside out……
* Taking your attention to your navel, watching subtle movements created as you breathe…To your abdomen.
* Now begin to observe the air entering and leaving your nostrils ….the small sensations of movement at the back of the throat…..
* Starting to follow the sensations of movement from your throat to your navel as you inhale, from your navel to your throat as you exhale….Just watching. Adopting the state of the Shakshin, the Witness.
* Releasing that focus
* Simply allow the mind and body to relax all of their effort, mind and body relaxed……….
* When you are ready to release out from this relaxation start to wriggle fingers and toes and take a good long stretch through the whole body….if you wish to ease out your back bring knees into the abdomen and roll from side to side, massaging the spine….then roll to one side and when you are ready come up to a seated position.