
YOGA NIDRA SCRIPT – WINDING DOWN (15 MINS)

FOCUS

The session focuses on a guided relaxation practice called **Yoga Nidra**, designed to lead participants into a deep state of relaxation. Instructions are provided for finding a comfortable position, either seated or lying down, and for becoming aware of the environment, body sensations, and natural breathing. The practice involves repeating a resolve or sankalpa three times:

Resolve: "Rest renews my energy"

Then progressively relaxing each body part from the head to the toes. Participants are encouraged to let thoughts come and go gently, focusing on their natural breath. The session concludes with a gentle reawakening, signalled by the ringing of chimes.

OUTLINE

PREPARING FOR YOGA NIDRA

- Instruct participants to find a comfortable resting position, either seated or lying down, and to use any necessary equipment like blankets or pillows.
- Participants are encouraged to blink their eyes open and closed a few times to find a comfortable position for the session.
- Emphasise that yoga nidra is a practice of guiding awareness inward to achieve full-body relaxation just by listening along.
- Participants are advised to stretch and relax their fingers and toes, experiment with deep breaths, and return to their natural breathing pattern.

BECOMING AWARE OF THE ENVIRONMENT

- Guide participants to become aware of the space around them, including the room, head, and sounds they can hear.
- Encourage participants to let their minds wander from one sound to another, allowing for a natural wandering of the mind.
- Participants can be instructed to become aware of the surface beneath them and all points of contact they make with that surface.
- Reassure participants that it is fine if they feel like they are asleep or awake during the Yoga Nidra journey.
- Remind participants that there will be a short period of silence towards the end of practice, no more than a minute.

FOCUSING ON BODY AWARENESS

- Guide participants to bring awareness to various parts of their body, starting from the crown of the head to the toes.

- Participants are instructed to soften the muscles around their head, neck, and face, unwinding any tension they may feel using the same language throughout.
- Continues the body awareness exercise, focusing on the rest of the body.

BREATH AWARENESS AND RESOLVE

- Instructs participants to bring awareness to their breath, noticing its natural rhythm without trying to change it.
- Participants are encouraged to feel the temperature changes and sensations of their breath moving through their body.
- Guide participants to focus on the sensation of their breath, both inside and outside the body, and to notice the natural inhale and exhale and introduce a visualisation if you are using one.
- Allow a period of silence while participants while they focus on breath and visualisation.
- Asks participants to repeat their sankalpa or resolve, "**Rest renews my energy**" three times, either using their own or the provided one.

WAKING UP AND CONCLUDING THE SESSION

- Instruct participants to bring awareness back to their body with gentle movements.
- Signal the end of the yoga nidra practice.
- Conclude the session by reminding participants that their practice of yoga nidra is now complete.

You will find the full script for you to read to your students below.

TRANSCRIPT OF THE PRACTICE

INTRODUCTION

This is the shorter session, focusing on winding down so you can always pause this. Take a moment to get yourself into a comfortable resting shape. This can be seated, it can be lying on your side, lying on your back, and use any equipment, blankets, posters, feet up on the chair you can rest in your bed, looking for a position where you can rest as fully as you can.

You may try blinking the eyes open and closed a few times softly and see which feels like the right choice for now, for this moment, knowing that yoga nidra is a practice guiding our awareness inwards.

As you guide our awareness inwards, you get to bring about to full body relaxation and as you listen along... anything you hear... anything you see... that's absolutely fine. Sometimes feel like you're asleep... Sometimes awake.... The mind is made for wandering. So whatever happens on your yoga nidra journey today is just fine.

Be sure that you're resting comfortably as possible. For now, feel free to stretch and relax your fingers and toes. Experiment with a deep breath in or out, returning to your natural breathing pattern, which will continue whether you pay attention or otherwise become aware space around you, room your head and sounds you can hear. Now your mind to wander from one sound to the other.

You become aware of your body resting, become aware of the surface beneath you, all those points of contact you make with a surface beneath you feel comfortable and supported enough in the shape that you've chosen to allow your Whole body to rest for the next few moments.

REPEAT THE SANKALPA OR RESOLVE

Here we repeat our sankalpa or resolve three times, and you may have your own, you can repeat that three times to yourself now, or you can listen to the one that I've prepared for this Session.

REST RENEWS MY ENERGY,

REST RENEWS MY ENERGY,

REST RENEWS MY ENERGY.

BODY AWARENESS/ROTATION OF CONSCIOUSNESS

HEAD & NECK

Bring your awareness to the crown of your head, let the muscles around your head soften, unwinding any tension you may feel. Become aware of your forehead, your brows, the centre between your brows. Become aware of your eyelids, your eyes. Bridge of your nose, tip of your nose, your left and right nostrils, your cheekbones, top lip, bottom lip, top and bottom sets of teeth and your tongue come aware of your ears, where they rest on the sides of your head.

Become aware of your neck, where your head meets your spine, let the muscles around your head, neck and face soften, unwinding any tension you may feel, letting yourself unwind any tension in your head, face and neck.

SHOULDERS, ARMS & HANDS

Bring your awareness to your shoulders. Become aware of your upper arms elbows, let the muscles in your arm soften, unwinding any tension you may feel.

Become aware of your hands, wrists, palms of your hands, backs of your hands, your thumbs, index fingers, middle fingers, ring fingers, pinky fingers on both of your hands. Let the muscles in your hands and arms soften, unwinding any tension you may feel. Let yourself unwind any tension in your shoulders, arms and hands.

TORSO & BACK

Bring your awareness to your torso, your upper body and let the muscles in your chest and your upper back shoulder blades and shoulders soften, unwinding any tension you may feel, become aware of your sternum, abdomen, belly button, both sides of your waist, middle of your back, lower back, lower abdomen and let the muscles in your upper body soften, unwinding any tension you may feel. Let yourself unwind any tension on your chest, abdomen, waist and back.

HIPS, LEGS & FEET

Become aware of your hips, upper legs, your knees, your lower legs, let the muscles in your legs and help soften the. Unwinding any tension you may feel.

Become aware of your feet, heels, tops of the feet, soles of your feet and your toes, big toe, second toes, middle toes, fourth toes, the little toes on both of your feet, let the muscles in your legs and feet soften unwinding any tension when you feel let yourself unwind any tension in your hips, legs and feet

BREATH AWARENESS & VISUALISATION

Now bring your awareness to your breath. Notice a natural rhythm of your breath without trying to change it, just notice your natural breath. You may feel the temperature cool and warm. You may feel the sensation of your breath moving the body full and then empty. You may be aware of the sounds of your breath inside your body and outside your body. Notice your natural inhale followed by your natural exhale.

As you continue to bring awareness to your natural breath, breathing in your natural breathing pattern, you may imagine a sense of your breath winding its way up, on your natural inhale, and a sense of your breath winding its way down on your natural exhale.

Continue with this practice, you may allow yourself to think of your steady breathing winding up and then winding down. Allow thoughts to come and pass gently. As you focus on the sensation of your breathing...

A MOMENT OF SILENCE

30-60 seconds silence

REPEAT RESOLVE/SANKALPA

You can bring your focus back to the sankalpa or the resolve. You may repeat your own or the one designed for this session three times now:

REST RENEWS MY ENERGY,

REST RENEWS MY ENERGY,

REST RENEWS MY ENERGY.

AWARENESS BACK TO THE BODY

You might once again start to bring awareness into your fingers and toes, bring a little movement back to the fingers and toes, arms and legs, maybe a little nod of your head, side to side.

You may now continue on with your day.

Your practice of yoga nidra is now complete.