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# YOGA NIDRA



*Quintessence Bien-être*

Yoga Nidra and inner journey

After more than thirty years of working in a passionately human profession, my interpersonal skills have become my know-how.

After practicing the half marathon for ten years, I myself have experienced Yoga and meditation for almost ten years.

As a result of this cycle, I trained in this very ancient technique

Of deep relaxation, the birth episode of which is around 1940 in India, in Rishikesh, near the Sivananda ashram.

Benevolent active listening, a precious tool in my daily life, associated with an intuitive and creative imagination in the projection of solutions, naturally led me on this path of writing and transmission. This work broadcasts a series of inner journeys intended for the royal road of Yoga Nidra, called "yogic sleep".

It is a very old technique of deep relaxation, the birth episode of which is around 1940. This practice, accompanied by a widening of the consciousness makes it easy to approach the state without mind.

In Yoga Nidra, the consciousness is in a state between wakefulness and sleep without being subjected to either one or the other. What makes the mind exceptionally receptive.

The intuitions thus gathered in this state, allow to find in oneself the answers to all the problems. What makes one able to live a peaceful life, rich in meaning and inner serenity, by the connection to the divine consciousness.

## **Why?**

Many feel "prisoners" of their bodies rigidified by anguish, stress, psychological distress, nervous and physical fatigue, work ... It is urgent and vital to regularly recharge your

batteries, relax and above all to free oneself from accumulated tensions.

The regularity of the practice of Yoga Nidra significantly reduces stress, anxiety, psychological distress, fatigue to restore the body to its peaceful and balanced state.

This improves the quality of sleep and strengthens the immune system. Yoga Nidra and meditation are gentle methods to counteract the daily restlessness. One hour of Yoga Nidra is equivalent to four hours of sleep.

## **How?**

We will start by putting the body to sleep, to become master of this powerful instrument that is thought, but the mind remains conscious. Through this state of welcome, acceptance and transformation, a sleeping person can be taught in the same way as a person in a waking state.

Indeed, the subtle body capable of listening without our knowledge can also be imbued with knowledge.

On a practice of pranayama or breathing, each leaves the mind and returns to the body by a work of concentration, visualization, dynamic sleep and meditation.

And best of all, it's a real journey to inner peace!

## **For who?**

For any practitioner, teacher or instructor of Yoga Nidra.

FOR therapists using the implementation of therapeutic relaxation and visualization workshops.

This collection of "YOGA NIDRA" is a true connection to the Earth itself and to journeys towards inner peace.

Yoga Nidra is a premier treatment for insomnia. It can be used alone or in conjunction with other forms of accompaniments and gentle methods.

Yoga Nidra is practiced lying down, "in Shavasana".