



YOGA NIDRA

COMMONLY ASKED QUESTIONS

1. Can anyone practice Yoga Nidra? What if I have some mobility limitations?

Yes, anyone can practice Yoga Nidra as long as they are able to lie down on their back for approximately one hour. Yoga mats, blankets and other props are provided to help practitioners feel comfortable lying down on the floor for the duration of the session.

2. Are there any contra indications?

Yes, Yoga Nidra is not recommended for people in active psychosis or those experiencing dementia or other cognitive impairments.

3. How long does a Yoga Nidra session last? What happens during a session?

Typically, a session lasts between 60 and 90 minutes. Sessions usually start with chanting and gentle movement. These are followed by pranayama (breathing techniques to help relax). Participants are then asked to lie down comfortably and are guided through the stages of the Yoga Nidra practice.

4. Do I need to prepare before the session?

No specific preparation is required. The initial practices in the beginning of the sessions (chanting, gentle movement, etc.) prepare participants' body and mind for the Yoga Nidra session.

Please keep in mind that participants are required to be free from any mind-altering substances when attending a session.

5. Are the sessions individual or group sessions?

Both types of sessions are available. After an initial conversation, we can determine together which is the best option for you.

6. What happens in my brain during the session?

During a Yoga Nidra session, the brain slowly moves into slower frequencies associated with deep relaxation. As participants progressively relax, Theta waves emerge. These are linked to deep meditative states. Further into the session, in the most profound stages, slower waves – Delta – may appear, resembling a deep sleep state and intense relaxation. This progression indicates a shift from external awareness to internal awareness.

Participants may experience altered states of consciousness. They often report vivid images and emotional releases, indicating access to deeper subconscious levels of their minds.

7. Is Yoga Nidra the same as meditation?

Yes, but it is a unique type of meditation. Yoga Nidra is a yogic meditation technique that leads to a neurological state where the brain transitions from wakefulness to a sleep-like state. At the same time, awareness transitions from the external to the internal realm.

8. Is there any research on Yoga Nidra?

Yes, several studies have been conducted to assess the impact and benefits of Yoga Nidra. These studies have shown that Yoga Nidra can:

- Activate the relaxation response in the body (parasympathetic state), lowering stress hormones and stimulating the release of endorphins (peptides produced in the brain that induce feelings of wellbeing).
- Enhance neuroplasticity, supporting cognitive and emotional rehabilitation.
- Decrease stress and anxiety.
- Enhance sleep quality.
- Promote the regulations of emotions, fostering resilience.
- Enhance memory and cognitive functioning.
- Decrease symptoms of PTSD, depression and substance misuse.
- Support emotional release.
- Impact the release of hormones related to stress, sleep, mood – which helps in the management of issues in these areas.

9. How many sessions will I need to experience the benefits?

Everybody is different and each person's nervous system will respond differently to the sessions. While participants usually feel calm and very relaxed at the end of each practice, it would be hard to say exactly how many times they need to practice before they start noticing any impact in their day-to-day life.

If tracking progress is a concern, a one-to-one conversation to discuss how to do it is available to participants.

10. I'd like to try it; how do I book a session?

Sessions will be available in the spring. To book your session please visit www.karunameditation.com. If you have additional questions before you book, please email karunameditation@gmail.com.