## Yoga Nidra 101



### What

Learn the theory of Yoga Nidra. This workshop will provide you with the tools to start you own Yoga Nidra practice. A booklet will be provided for your home use.

This workshop is offered both in English and French while the two practices will be done in English only.

## For whom

This workshop is for everyone. Yet, it provides interesting info for more advanced yogis/nis

Your Investment
About Daniel from Yoga Partout  Daniel studied Yoga Nidra with Swami Premananda of Satyam Hatha Yoga School of the Saraswati lineage.  Since then, his sadhana and teaching has been transformed. He's been following the yoga path since 1978 and has over 500 hours of teaching experience. He is a member of the Yoga Alliance (RYT 200), the CanFitPro (MBS 2010) organization and an active advocate for the World French Yoga Federation since 2008.
Web cast See the workshop description on this youtube

Slides of the same web cast
For more information
Please write to: Daniel or call Equilibrium at (514) 843-Yoga (9642)
Blog about Nidra and more
[+]

# Subscribe to Daniel's Nidra info letter: Yoga en liberté It is a low traffic FR (with some EN) newsletteralways interesting:-) In fact, this blog is part of a larger newsletter since January 2015. Visit the archive before you decide. Register here Enter your Email: Subscribe me! » Preview | Powered by YogaPartout's FB

## The origins of Yoga Nidra

The Nyasa tantric practice is considered as the origin of Yoga Nidra. Nyasa means "to place" or bring your attention to a point. The idea is simple in nature yet it can become complex if you don't know what your doing.

It consist of placing your attention to certain parts of your body and pronounce specific sounds (mantras for the most of it) at the same time you touch the area of your body.

Per example, the bija Ham would be chanted and at the same time, you would place your thumbs (angustha) on your throat.

Here bellow, as per Sir John Woodrofe's transcript, is the Angushtadi-Shadanga-nyasa

- Thumb: Hram angushtabyyam namah
- Index: Hrim tarjanibhyamswaha
- Middle finger: Hrum madhyamabyyam vashat
- Ring finger: Hraim hanamikabyyam vashat
- Pinky finger: Hraum kanishthabhyamvaushat
- Palm and back of the hand: Hrah karatalaprishtabhyamphat

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