

# Yoga Nidra Meditations: 24 Scripts for True Relaxation by Julie Lusk

## Recommended Resources

### *Yoga Nidra Books*

Brody, Karen. *Daring to Rest: Reclaim Your Power with Yoga Nidra Rest Meditation, A 40-Day Program for Women*. Boulder, Colorado: Sounds True, 2017.

Desai, Kamini. *Yoga Nidra: The Art of Transformational Sleep*. Twin Lakes, WI: Lotus Press, 2017.

Dinsmore-Tuli, Uma. *Nidra Shakti: An Encyclopaedia of Yoga Nidra*.

Stroud, UK: Sitaram and Sons, 2021.

Halpern, Marc. *Healing Your Life: Lessons on the Path of Ayurveda*. Twin Lakes, WI: Lotus Press, 2012.

Kress, Rose. *Awakening Your Inner Radiance with LifeForce Yoga: Strategies for Coping with Stress, Depression, Anxiety, & Trauma*. Lebanon, Oregon: LifeForce Yoga, 2019.

Kumar, Kamakhya. *A Handbook of Yoga-Nidra*. New Delhi, India: D.K. Printworld, 2013.

Lusk, Julie. *Yoga Nidra for Complete Relaxation & Stress Relief*. Oakland, CA: New Harbinger Publications, 2015.

Miller, Richard. *Awakening to Your Essential Nature*. San Rafael CA: iRest Institute, 2018.

Saraswati, Swami Satyananda. *Yoga Nidra*. Munger, Bihar, India: Yoga Publications Trust, 1998.

*The iRest Program for Healing PTSD: A Proven-Effective Approach to Using Yoga Nidra Meditation and Deep Relaxation Techniques to Overcome Trauma.* New Harbinger Publications. Oakland, CA., 2015.

\_\_\_\_\_. *iRest Meditation: Restorative Practices for Health, Resiliency, and Well-Being.* Boulder, CO: Sounds True, 2015.

\_\_\_\_\_. *Yoga Nidra: A Meditative Practice for Deep Relaxation and Healing.* Boulder, CO: Sounds True, 2005.

\_\_\_\_\_. “Welcoming All That Is: Nonduality, Yoga Nidra and the Play of Opposites in Psychotherapy.” In *The Sacred Mirror: Nondual Wisdom & Psychotherapy.* Edited by John J. Prendergast, Peter Fenner, and Sheila Krystal, n.p. St. Paul: Paragon House, 2003.

Panda, Nursing Charan. *Yoga-Nidra: Yogic Trance Theory, Practice and Applications.* New Delhi, India: D.K. Printworld (P) Ltd, 2003.

### ***Yoga Nidra Audios***

Audios of contributors are listed with their meditation.

Lusk, Julie.

\_\_\_\_\_. *Sleep Relief ~ Yoga Nidra.* Milford, OH: Wholesome Resources, 2019.

\_\_\_\_\_. *Yoga Nidra: Guided Meditations for Relaxation & Renewal.* Cleveland, OH: Health Journeys, 2016.

\_\_\_\_\_. *Guided Mindfulness Meditations: Practicing Presence & Finding Peace.* Cleveland, OH: Health Journeys, 2016.

\_\_\_\_\_. *Yoga Nidra Essentials*. Milford, OH: Wholesome Resources, 2015.

\_\_\_\_\_. *Yoga Nidra for Inner Strength and Balance*. Milford, OH: Wholesome Resources, 2015.

\_\_\_\_\_. *Yoga Nidra for Unshakable Peace and Joy*. Milford, OH: Wholesome Resources, 2015.

\_\_\_\_\_. *Yoga Nidra for High-Level Living*. Milford, OH: Wholesome Resources, 2015.

\_\_\_\_\_. *Real Relaxation: Yoga Nidra CD*. Milford, OH: Wholesome Resources, 2009.

*Power of Presence CD with Cultivate the Positive*. Milford, OH: Wholesome Resources, 2006.

## *Yoga Nidra Training*

California College of Ayurveda Yoga Nidra Training from Marc Halpern. <https://www.ayurvedacollege.com/Ayurveda/upcoming-workshops-drmarc-halpern>.

Daring to Rest Academy from Karen Brody.  
<http://daringtoforest.com/academy>.

Divine Sleep Yoga Nidra Teacher Training Levels One and Two from Jennifer Reis. <https://jenniferreisyoga.com/divine-sleep-yoga-nidra/divine-sleep-yoga-nidra-teacher-training/>.

I AM Yoga Nidra Professional Training from Kamini Desai.  
<https://amrityoga.org/upcoming-all/upcoming-yoga-nidra/>.

\_\_\_\_\_. Advanced Trainings. <https://amrityoga.org/yoga-nidra/>.

Integral Yoga and Swami Satchidananda from Yogaville.  
<https://www.yogaville.org/yoga-teacher-trainings-landing/>.

iRest Training from Richard Miller, Stephanie Lopez,  
Robin Carnes. <https://www.irest.org/events-landing-page>.

LifeForce Yoga Nidra Online Course from Rose Kress.  
<https://yogafordepression.com/product/yoga-nidra-sacred-rest/>.

Swami Shankardev Saraswati Trainings. [www.bigshakti.com](http://www.bigshakti.com).

Total Yoga Nidra with Uma Dinsmore-Tuli.  
<https://www.yoganidranetwork.org/total-yoga-nidra-teacher-and-facilitator-training>.

Yoga Nidra Complete: Levels One through Three Training and  
Certification from Julie Lusk.  
<https://wholesomeresources.com/schedule-2/yoga-nidra-teacher-training/>.

## *Hatha Yoga Practice*

Devi, Nischala Joy. *The Healing Path of Yoga: Time-Honored Wisdom and Scientifically Proven Methods that Alleviate Stress, Open Your Heart, and Enrich your Life*. New York: Three Rivers Press, 2000.

*The Secret Power of Yoga: A Woman's Guide to the Heart and Spirit of the Yoga Sutras.* New York: Three Rivers Press, 2007.

Folan, Liliias. *Liliias! Yoga Gets Better with Age.* Emmaus, PA: Rodale Press, 2005.

Weintraub, Amy. *Yoga for Depression: A Compassionate Guide to Relieve Suffering Through Yoga.* New York: Broadway Books, 2004.

\_\_\_\_\_. *Yoga Skills for Therapists: Effective Practices for Mood Management.* New York: W. W. Norton, 2012.

\_\_\_\_\_. Lifeforce Yoga Training from Amy Weintraub and Rose Kress <https://yogafordepression.com/level-one-certification/>

### ***Yoga Inspiration and Practice***

Devi, Nischala Joy. *The Namaste Effect: Expressing Universal Love Through the Chakras.* Angel Fire, NM: Lotus Flower Books, 2019.

Faulds, Danna. *What's True Here: New Poems and Other Writings.* Greenville, VA: Peaceable Kingdom Books, 2019.

\_\_\_\_\_. *Breath of Joy: Poems, Prayers, and Prose.* Greenville, VA: Peaceable Kingdom Books, 2013.

\_\_\_\_\_. *Limitless: New Poems and Other Writings.* Greenville, VA: Peaceable Kingdom Books, 2009.

\_\_\_\_\_. *From Root to Bloom: Yoga Poems and Other Writings.* Greenville, VA: Peaceable Kingdom Books, 2006.

\_\_\_\_\_. *Prayers to the Infinite: New Yoga Poems.* Greenville, VA: Peaceable Kingdom Books, 2004.

\_\_\_\_\_. *One Soul: More Poems from the Heart of Yoga.* Greenville, VA: Peaceable Kingdom Books, 2003.

\_\_\_\_\_. *Go In and In: Poems from the Heart of Yoga.* Greenville, VA: Peaceable Kingdom Books, 2002.

Lusk, Julie. *Yoga Meditations: Timeless Mind-Body Practices for Awakening.*

Duluth, MN: Whole Person Associates, 2005.

*30 Scripts for Relaxation, Imagery, and Inner Healing. Vol. 1.* 2nd edition. Duluth, MN: Whole Person Associates, 2015.

\_\_\_\_\_. *30 Scripts for Relaxation, Imagery, and Inner Healing. Vol. 2.* 2nd edition. Duluth, MN: Whole Person Associates, 2015.

### ***Yoga Philosophy***

Devi, Nischala, Joy. *The Secret Power of Yoga: A Woman's Guide to the Heart and Spirit of the Yoga Sutras.* New York: Three Rivers Press, 2007.

Durgananda, Swami. *The Heart of Meditation: Pathways to a Deeper Experience.* South Fallsburg, NY: SYDA Foundation, 2002.

Easwaran, Eknath. 1987. *The Upanishads.* Tomales, CA: Nilgiri Press, 1987. Feuerstein, Georg. *The Shambhala Encyclopedia of Yoga.* Boston, MA: Shambhala, 1997.

\_\_\_\_\_, ed. *The Yoga-Sutra of Patañjali: A New Translation and Commentary.* Rochester, VT: Inner Traditions, 1989.

Mascaro, Juan. *The Upanishads.* London, England: Penguin Books. 1965.

Mitchell, Stephen. *Bhagavad Gita: A New Translation.* New York: Harmony Books, 2000.

Muktibodhananda, Swami. *Hatha Yoga Pradipika.* Munger, Bihar, India: Bihar School of Yoga, 1993.

Satchidananda, Sri Swami, ed. *The Yoga Sutras of Patanjali.* Yogaville, VA: Integral Yoga Publications, 1990.

\_\_\_\_\_. *The Living Gita: The Complete Bhagavad Gita: A Commentary for Modern Readers.* 1<sup>st</sup> Owl Book ed. New York: Henry Holt and Company, 1988.

Shearer, Alistair, trans. *The Yoga Sutras of Patanjali.* New York: Bell Tower, 1982.

Shearer, Alistair, and Peter Russell, trans. *The Upanishads.* New York: Bell Tower, 1978.

### ***Yoga Nidra Research***

Kumar, Kamakhya. Research on Yoga Nidra, under the direction of Kamakhya Kumar, PhD., is located at <http://yoganidra.webs.com/researchpublication.htm>.

Miller, Richard. Current, upcoming, and planned iRest Yoga Nidra research is located at <http://www.irest.us/research>.