

Yoga Nidra Practice Chart © 2021

Sanskrit Name	Relates to	Techniques to Access and Assist	Purpose and Benefits	Felt Experience
Anna-Maya Kosha	Physical body: Muscles, bones, skin, fluids, flesh, vital organs, etc.	<ul style="list-style-type: none"> ▪ Rotation of Consciousness - with or without Nyasa, (adding mantra/visualization to each point). See appendix 1 for clarification. ▪ Progressive muscle relaxation techniques and variations ▪ Autogenic training ▪ Systematic stretching and tension release ▪ Sensory awareness ▪ Breathwork is sometimes used in conjunction with the above 	<ul style="list-style-type: none"> ▪ Relieve physical tension to promote healing and relaxation ▪ Activate the parasympathetic nervous system to stimulate the relaxation response ▪ Deactivate the sympathetic nervous system to reduce negative effects of stress ▪ Bring automatic unconscious, physical functions under self-control 	<ul style="list-style-type: none"> ▪ Heaviness is experienced as tension is released. ▪ It feels like the body is sinking down and fully supported by the floor or chair
Prana-Maya Kosha	Energetic body: Life force that sustains the body and mind. Prana is also called chi, ki.	<ul style="list-style-type: none"> ▪ Breathing techniques (pranayama) ▪ Awareness and balancing of chakras (energy centers) ▪ Clearing and purification of nadis (energy channels) 	<ul style="list-style-type: none"> ▪ Tune up the energetic body ▪ Bring balance between body and mind ▪ Thoughts start moving to the background ▪ Guiding voice comes and goes 	<ul style="list-style-type: none"> ▪ Deep stillness accompanies heaviness. ▪ The need to move diminishes ▪ A motionless feeling occurs. ▪ Breathing deepens and slows.
Mano-Maya Kosha	Mental body: Mind, composed of thoughts, feelings, emotions, limiting beliefs, etc.	<ul style="list-style-type: none"> ▪ Experience the paradox of opposites ▪ Witness consciousness ▪ Mindfulness ▪ Guided imagination and visualization ▪ Mantra repetition ▪ Mentally brushing thoughts, feelings, memories away with breath ▪ Habituation to sensory experience 	<ul style="list-style-type: none"> ▪ Release subtle stress and tensions ▪ Removal of mental and emotional “scars” ▪ Release memories and beliefs regarding injuries, etc. ▪ Train rather than control thoughts 	<ul style="list-style-type: none"> ▪ Lightness and buoyancy are experienced due to relief from not being ‘held down’ by physical, mental, and emotional tension. ▪ Thoughts arise and dissolve. ▪ Imagination awakens.

		<ul style="list-style-type: none"> Breathwork is sometimes used in conjunction with the above 	<ul style="list-style-type: none"> Gain perspective 	<ul style="list-style-type: none"> Feels dreamy. Breathing is soft and subtle
Vijnana-Maya Kosha Also called Buddhi	Intuition and wisdom. Higher intellect beyond rational thinking: Non-mental process	<ul style="list-style-type: none"> Guided imagery to welcome in and reveal intuitive wisdom Witness awareness Quiet time to allow for insights to arise 	<ul style="list-style-type: none"> Relieves the intellect. Promotes detachment and distancing from thoughts and feelings. Higher knowledge and intuitive wisdom emerge 	<ul style="list-style-type: none"> Lightness. Detachment from worldly cares. Weightlessness. Breathing is very light.
Ananda-Maya Kosha	Body of Joy	<ul style="list-style-type: none"> Naturally occurring peace and joy arise. Time given for internal rest and peacefulness. Joyful memories can be used to relive & sense joy physically. The memory is released for joyful dwelling 	<ul style="list-style-type: none"> Total ease with external and internal stillness. Very quiet. Contentment and deep indwelling satisfaction are present. 	<ul style="list-style-type: none"> Bliss. Timelessness. Spaciousness. Absolute stillness. Resembles sleep but with awareness. Physically “out of body” and into Divine blissful body
Atma True Nature	True Self	<ul style="list-style-type: none"> Time given for experiencing the essence of oneness 	<ul style="list-style-type: none"> Pure Presence 	<ul style="list-style-type: none"> Indescribable. Profound contentment. Genuine satisfaction. Sense of oneness. Awareness of existence beyond the body (Turiya)
	Closing	<ul style="list-style-type: none"> Bring attention back to the body/mind in reverse order. Stretch and sit up. 	<ul style="list-style-type: none"> Integration. Awareness returns to wakefulness Externalize. Move the practice into everyday life. 	<ul style="list-style-type: none"> Feeling awake, alert, centered, grounded, peaceful and calm