

# Yoga Nidra 101



# What

Learn the theory of Yoga Nidra. This workshop will provide you with the tools to start your 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.





# 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

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# For more information

Please write to: [Daniel](#) or call Equilibrium at (514) 843-Yoga (9642)



Blog about Nidra... and more

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# Subscribe to Daniel's Nidra info letter: Yoga en liberté

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# 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**

Go back to French

# De retour vers le Français



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