



SLEEP NOTES

YOGA NIDRA JOURNAL

A COMPANION TOOL FOR
YOGA NIDRA FOR SLEEP
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DREAM

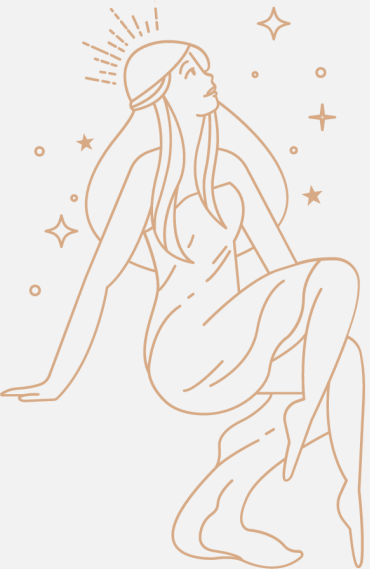
sweetly

SLEEP

peacefully

WAKE

happily



Nidra Planner

October



7 MEETING	8	9	10	11	12	13
14 MEETING	15	16	17	18	19	20
21 MEETING	22	23	24	25	26	27

Note

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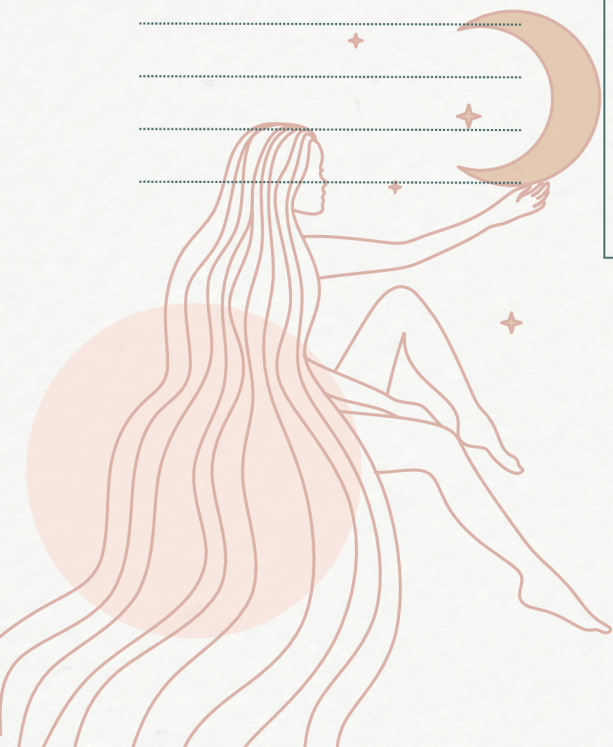
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Habit Tracker

Wake-Up
Time

Yoga
Nidra

Bedtime





YOGA NIDRA FOR SLEEP OUTLINE

8 STEPS

THE PRACTICE

If you decide you want to become a teacher that can offer the practice of Yoga Nidra, it is important that you attend formal training. Many people are offering their particular brand of Yoga Nidra, so it is important that you find one that aligns with your understanding of the practice. To prepare for practice, one should get as comfortable as possible lying on the floor with the palms facing upward and closed eyes [as we shut off the sense doors as best we can]. Below is an outline of the practice

1 ——— ENTRY ANNAMAYA KOSHA

The entry is used to help students begin to shutout external awareness and create space to travel further inward. The teacher guides awareness to the physical body, the home of the conscious mind. The key at this stage is to orient students to feel comfortable and in a safe container for the practice. You will hear cues that speak directly to the body, allowing you to "drop the body."

2 ——— SANKALPA ALL KOSHAS + TRUE SELF

Sankalpa means a vow or intention. Sankalpa speaks directly to your unconscious mind, which is more receptive than your thinking mind. At this time in the practice, the teacher may first ask you to create an inner sanctuary - a safe place where you feel totally at ease. After this, you will be instructed to ask yourself: what is your heart's deepest desire or some other similar instruction to set an intention or a deep remembering of who you are at the deepest level of your being. It is repeated at the end of practice as well.

3 ——— ROTATION OF CONSCIOUSNESS ANNAMAYA + MANOMAYA KOSHA

In this stage, we draw awareness to different body parts or planes of the body to encourage physical relaxation. Secondly, this process clears the neural pathways between the body and the brain, allowing the mind to relax.

4 — BREATH PRANAMAYA KOSHA

After noticing the physical body in stage 3, the student will be guided to draw awareness to the breath. This could be the natural breath, a breathing technique, or counting the breath. This layer is the bridge to the mental body - manomaya kosha. It is important to know that we are working with pranic energy, not exactly the breath. Pranamaya is subtler energy.

5 — PLAY OF OPPOSITES MANOMAYA KOSHA

In this layer, we work with sensation and the power of opposites. Our emotions are believed to reside in this layer, and in working with tools such as these, we can start to realize we are separate from our emotions and allow our manomaya kosha to fall away.

6 — JOURNEY VIJNANAMAYA + ANANDAMAYA KOSHAS

Here we move from our wisdom body into the bliss body. In this part of the practice, the teacher will often take the student through visualization or a "journey." The teacher could also call out symbols or objects. This is a deep inner practice and can be a place of insight as we release samskaras.

7 — REPEAT SANKALPA ALL KOSHAS

After all the prior koshas drop away, the student may experience the bliss body, the reflection of the Atman. This is the closest we get to deep sleep without actually being asleep. In this most receptive state, the teacher will call for the students to repeat their Sankalpa. This is the place where manifestation occurs as the student encounters their true nature.

8 — RETURN RETURNING THROUGH THE KOSHAS

A purposeful externalization of awareness is important so as not to disorient the student quickly. Starting with the most subtle body to the gross, the teacher will guide the student back to awareness of bliss, the mind, the breath, the body, and the physical space they are lying.

Week 1 Reflections

Theme: Grounding & Awareness

As you journal each day as part of week 1 of this course, consider answering these questions:

- Pre-practice Reflection:
 - How did you feel physically and mentally before the session?
 - Rate your level of tiredness on a scale from 1 to 10.
 - What are your intentions for the practice [e.g., restful sleep, stress relief]?
- During Practice:
 - Did you notice any physical discomfort or tension?
 - What thoughts or emotions arose during the session?
 - Did you feel fully present, or were you distracted?
- Post-practice Reflection:
 - How do you feel immediately after the session?
 - How did the practice affect your level of relaxation?
 - What was your sleep quality like that night?
- Daily Awareness:
 - Did you notice any changes in how your body felt throughout the day?
 - Were you more aware of your breath or tension?

Week 2 Reflections

Theme: Deepening Relation & Exploring Patterns

As you journal each day as part of week 2 of this course, consider answering these questions:

- Pre-practice Reflection:
 - Are there any recurring thoughts or worries you've noticed over the week?
 - Has your ability to relax improved since the first week?
 - Rate your current sleep quality.
- During Practice:
 - Were there any particular moments that brought deep relaxation or discomfort?
 - Did any images, sounds, or sensations stand out during your Yoga Nidra?
 - How did your breath flow compared to previous sessions?
- Post-practice Reflection:
 - Did your mind feel clearer after the session?
 - How did your body respond [more relaxed, lighter, tension released]?
 - How was your sleep quality this week compared to last?
- Daily Awareness:
 - Are you noticing any changes in your stress levels?
 - Has your awareness of rest or tension changed during the day?

Week 3 Reflections

Theme: Integration & Insights

As you journal each day as part of week 2 of this course, consider answering these questions:

- Pre-practice Reflection:
 - Have your intentions for the practice changed since the beginning of the course?
 - How has your general sleep pattern been over the past two weeks?
- During Practice:
 - Did you notice any shifts in how quickly you could enter a relaxed state?
 - How did your mind react to the guided stages [waker, dreamer, deep sleeper, Turiya]?
 - Was there a recurring theme, memory, or feeling throughout the practice?
- Post-practice Reflection:
 - How do you feel physically, emotionally, and mentally post-practice?
 - Did you experience any dreams or notable experiences during your sleep?
- Reflect on your progress:
 - Have you noticed improved sleep or a deeper sense of relaxation?
- Final Thoughts:
 - What key insights have you gained throughout this practice?
 - How will you incorporate Yoga Nidra into your ongoing sleep hygiene and wellness routine?



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