

Class Outline

Yoga Nidra

Sun City West Yoga Club

Class Introduction

The practice of Yoga Nidra leads you into a conscious deep sleep, allowing us to connect with body, breath, mind, and spirit.

We will first move through some gentle restorative yoga postures, maintaining our connection to body through breath and slow mindful movement. We will then position our bodies in Savasana, aiming for complete comfort of the physical body with the assistance of props to help maximize comfort. The journey begins with a guided meditation, breathing techniques, and moving awareness through different areas of the physical and mental bodies and into complete deep restorative relaxation.

Some of the many benefits of our practice are to help restore balance to the nervous system, reduced blood pressure, reduced stress, strengthened immune response, reduced chronic pain, and decreased anxiety, depression, and muscle tension.

Targeted Level

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| <input checked="" type="checkbox"/> All Levels | <input type="checkbox"/> Novice |
| <input type="checkbox"/> Beginner | <input type="checkbox"/> Beginner / Intermediate |
| <input type="checkbox"/> Intermediate | <input type="checkbox"/> Intermediate / Advanced |
| <input type="checkbox"/> Advanced | <input type="checkbox"/> Other (describe): |

Student Prerequisites

- You must be able to comfortably get up from, and down to, the floor unassisted.
- Wear comfortable clothing that allows you to stretch and bend.

Bring your yoga mat and any props that will make you comfortable in your meditation practice; blanket, blocks, etc. Something for behind the knees: a yoga bolster, an extra yoga mat rolled together with a towel, two towels rolled together, or a foam roller. Lower back support is very important.

Anything that you might find supportive and comforting for your body.