

Yoga Nidra Practice Teaches the Body/Mind to Relax

Chronic stress is at the core of many body/mind dysfunctions ranging from such conditions as insomnia to cancer and heart disease. The practice of yoga nidra teaches the body mind to relax by moving attention through the body and noticing any sensation including tension either overt or subtle. Yoga nidra helps to wake up awareness of the subtle body (that unseen aspect of ourselves referred to in yoga as the koshas or sheaths).

Learning to relax the body mind at will is the first step in moving toward a more satisfying experience of your life. Research on the effects of yoga nidra on such conditions as PTSD; depression; anxiety; insomnia; chronic pain; and chemical dependency, has been conducted and encouraged due to a resurgence of the use of this technique brought about by Swami Satyananda, of the Bihar School of Yoga in India and by the work of Dr. Richard Miller, psychologist and scholar whose book *Yoga Nidra* is widely available and comes with a CD of the practice, led by Miller. For a list of and access to much of this research please go to Miller's web site www.iRest.com.

See the following information about a 6-week Yoga Nidra class being offered at Mindfully Well Center.