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Experience Yoga Nidra | Haa International Retreat Center
Yoga Nidra, also known as yogic sleep guides you into a state of consciousness between wakefulness and sleeping. The "going-to-sleep" stage is typically induced by a guided meditation known as Yoga Nidra. The experience guides you into a deep brain-wave state—one that can't be reached through conventional sleep.

Yoga Nidra For Deep Relaxation | Nicole Windle, Insight Timer
From delta, the guided yoga nidra experience takes you down into an even deeper brain-wave state—one that can't be reached through conventional sleep. In this fourth state of consciousness, below delta, your brain is thoughtless. This state is sort of like a complete loss of consciousness, but you are awake.

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Discover Your Self the deep Yoga Nidra, guided by Swami Janakananda, to the music of Roop Verma. 45.05 About Swami Janakananda Saraswati Swami Janakananda Saraswati is a tantric yoga and meditation teacher and a writer, who has had a significant influence in the dissemination of yoga and meditation in Scandinavia and Northern Europe.

Experience Yoga Nidra : Guided Deep Relaxation (Remastered)

All the organs and senses of the body are rested in a way that sleep seldom provides. Thus the senses are sharpened and you feel invigorated afterwards. During Yoga Nidra the relaxation is constantly deepened while you follow the instructions and devote yourself to the experience. The body starts to relax and the mind follows.

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