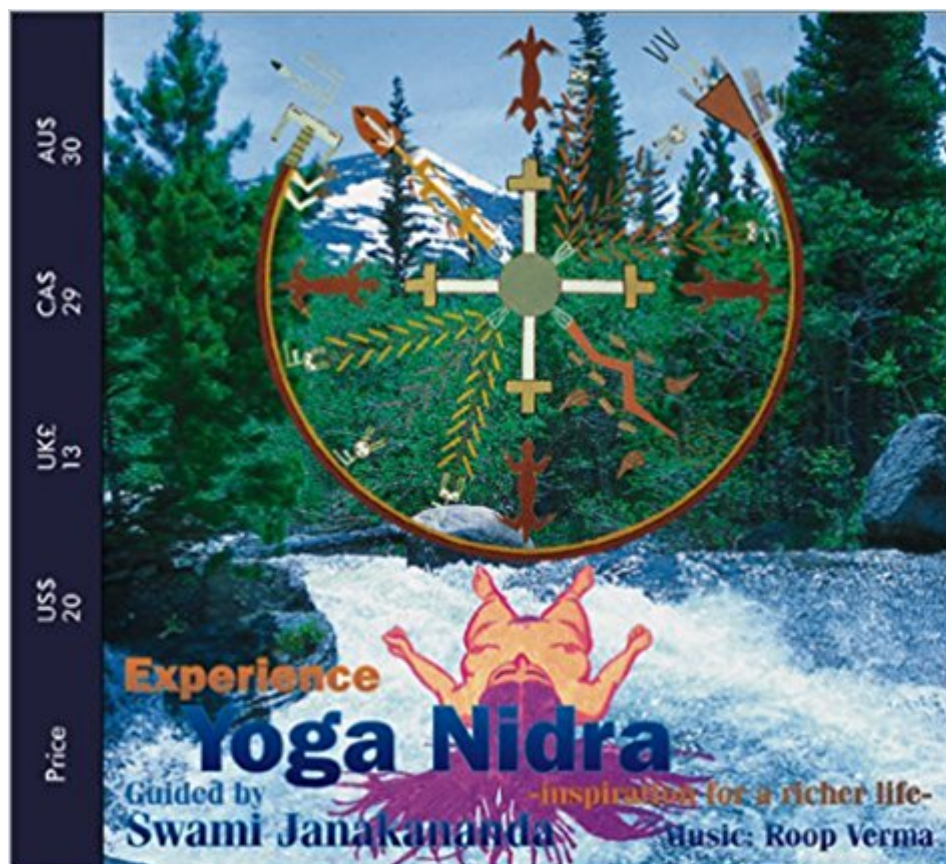


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# Experience Yoga Nidra: Guided Deep Relaxation



## Synopsis

Two genuine relaxation methods from the Nyasa Tantra, 20 minutes and 45 minutes - and a piece of music. 20 page information booklet included. Swami Janakananda guides you into a deep relaxation of body and mind. He also uses the tantric mantras and visual symbols to awaken and harmonize the chakras. With a background of nature sounds and music. Roop Verma, on sitar, is the first musician to record the chakras' ancient music symbols.

## Book Information

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Average Customer Review: 4.1 out of 5 stars 61 customer reviews

Best Sellers Rank: #970,434 in Books (See Top 100 in Books) #84 in Books > Books on CD > Health, Mind & Body > Fitness #219 in Books > Books on CD > Health, Mind & Body > Meditation #225 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

## Customer Reviews

"I remain very impressed with the CD. I get a lot of solicitations and often do not respond to them because the quality is not always that good. This CD is more than the exception to the rule, hence my enthusiasm. I enjoy it not only because it was produced with quality, but because I can tell from the instructions and the voice guiding it that wisdom and experience, combined with a gentle strength and power, are leading the deep relaxation methods, through Swami Janakananda." Lisa McColley Anderson, Spirit Links, USA

Relaxation is a state. It is best achieved by using a technique that triggers it. During relaxation the blood pressure is normalized, the immune system is strengthened and the brain relaxes. 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. When the mind relaxes, the relaxation of the body is further deepened.

This interaction between body, mind, emotions and psychic energy, is fundamental to yoga. It is a process that is brought about by Yoga Nidra. The Yoga Nidra technique is constructed in such a way that it constantly maintains and develops the relaxation process at all levels of consciousness. The more familiar you become with Yoga Nidra, the easier it is to relax. As you come to know harmony, you are soon able to recall it instantly, when you need it &#x96; in the middle of daily activities. Yoga Nidra is much more than a deep relaxation, it is a total experience that touches and awakens all parts of your being. &#x96; And all you do is to lie completely still on your back with closed eyes, and follow the instructions. Copyright 1983, 1996, 2002, Swami Janakananda, Scandinavian Yoga and Meditation School

It was a gift, and hasn't been listened to as yet by the recipient, and don't know about it's condition. It seemed well wrapped. I have had the same one for years, and it's marvelous for meditation and relaxation. It's incredibly soothing.

I have tried a bunch of different Yoga Nidra CDs. I tend to drift into sleep but this one keeps me closest to the sleep/awake line without drifting over into sleep-mostly. He talks throughout which I prefer to long silences so if you drift off you know where you are when you come back. It also has a lot of variety so you can do it many times without it being predictable. I like both the shorter and longer version although prefer longer because it gets into the chakras. His accent was a little tough to understand at first but now I like it. I look forward to doing it every day and feel it is really enhancing my life-making me more able to be present and clear and energized.

This is just awesome! Yoga Nidra is the perfect way to relax body and mind. Yoga Nidra as taught by Swami Janakananda Sarswati in this CD is actually Swami Satyananda Sarswati's creation (Swami Janakananda's guru) based on the Tantric practices of Nyasa. I highly recommend to first read Yoga Nidra book by Swami Satyananda Sarswati. This book has both theory and practice which will help to enhance Yoga Nidra practice. CD has both short (21 minutes) and deep (45 minutes) version of Yoga Nidra. Yoga Nidra is basically 5th stage ("pratyahara") of Patanjali's yoga sutra. Yoga Nidra can be practiced even if you don't practice any style of Hatha Yoga (that is, Asana-Pranayama-Mudra-Bandha). But I find more benefits from Yoga Nidra when I practice Asana/Pranayam before Yoga Nidra practice (basically, after I come home from Vinyasa yoga class, I practice Nadi Shodhana Pranayama and then I practice Yoga Nidra). Pratyahara means withdrawal of senses and Satyananda Yoga Nidra (as taught by this CD) achieves exactly the

same, which results in deep body and mind relaxation. I have read some negative reviews about distraction of voice, too much talk etc. For those I would highly recommend to read Yoga Nidra book by Swami Satyananda Saraswati first to really understand what Yoga Nidra is. Yoga Nidra is not just guided visualization or relaxing music. It's a practice based on Tantric science which involves systematic stages such as resolve (Sankalpa), rotation of consciousness, breath awareness, feelings and sensations, visualization. This book has practices as well, so you can create your own practices (recorded in your or your spouse/relative/friend's voice) if you don't like certain aspects of the CD (voice, music etc).

Having tried various forms of yoga over the last six years, I finally found something that provides genuine deep relaxation without heavy lifting, boring holosync rain sounds or much effort at all. Yoga Nidra is the ancient practice of "yogic sleep" wherein the individual remains conscious, lucid and in total control of their faculties while still experiencing deep relaxation of the body and mind. Swami Janakanada Saraswati not only has a fun name to say, he is also the soothing voice that provides the guided meditation (even though he does have a bit of an accent). It doesn't matter if you are new to meditation or a seasoned practitioner, Yoga Nidra will allow you to quiet your mind, develop your left and right brain simultaneously and provide you with a truly peaceful outlet. Meditation offers nothing more than that, but what wonderful benefits they are.

This relaxation CD is a good experience overall but compared to other relaxation meditations I have done this one goes a little too fast. I like to take my time at each body location and really sink into it and feel the subtle energy. I did like the awareness he brings to many of the body parts and visual images he gives for relaxing. I think it gives a feeling of wholeness that some other meditations have missed. So I guess I am satisfied to learn from it and then take my time on my own the best I remember it.

I bought this CD a month ago. I didn't know anything about Yoga Nidra. The yoga club where I go to announced that they would be teaching a Yoga Nidra class. I did research online and bought this CD based on the reviews from other customers. The first week of listening to this program, I was ready to throw the CD away. I started Yoga Nidra class the following week. In class I learned not to judge the voice but to make it my own and to let go of judgment. It made a world of difference. I like this Yoga Nidra CD way better than the one given to me by the Instructor in class. After three weeks of listening to Yoga Nidra on a daily basis, I am more relaxed and at peace with myself, family, and

friends.

A great product, which I found amazing because a few simple instructions had such a relaxing and positive effect on me. It is definitely worth a try for anyone who needs to relax and recharge their batteries, thereby directing their positive energies to take advantage of their own resources. It is a great do-at-anytime-of-the-day exercise and allows your body and mind to co-exist and maintain a balance. The instructor's rhythmic voice is very soothing and the sound effects in the CD enhance the instructions in a balanced and harmonious way. Some of the techniques in the 'Nidras' are so relaxing that you might fall asleep for a short while, after which you wake up feeling calm, focused and fresh. The CD can be a good stress-buster if the instructions are followed and can be used by anyone on the lookout for a means of relaxation that actually works!

I found Swami Saraswati's voice soothing. The first time I listened, I was in a hot bath (a rare treat for me) and it was enjoyable. My only complaint is I wish there was a little silence in parts. But that is my thing. I would recommend this for anyone wanting a good relaxation cd. Also, I think his way of alternate nostril breathing is wonderful. I wish they'd teach it to school children. It is a true act of mindfulness.

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