



Journey to Inner Peace

My experience of Yoga Nidra at Shrimath

Harriett Nettles

विश्रान्तिः ॥ प्रकाशनम् ॥ बोधः
Relax. Manifest. Realise





The following is a brief review of what I learned in the Yoga Nidra training at [Shrimath Yoga](#) outside of Bangalore, India and directed by [Krishna](#).

The setting was so appropriate for training in deep relaxation. My most important insight was that we can only lead people to states that we have experienced ourselves. Simply reading the script for a session is not enough.

One must have the awareness that comes from deep and honest experience.

I cannot imagine a better setting for this learning. Surrounded by forest full of birds and a field where sheep and cows quietly grazed, I was able to sink into the peace and stillness in a way that I have never felt in my hectic American lifestyle.

Lulled by songs of birds and the gentle sounds of an Indian village, I relaxed into the simple schedule of an ashram lifestyle and found an inner landscape I had rarely known. The other important insight was the nature of the Gurukul experience.





The benefits of the individual attention from a master were incredible.

Even in my deepest sadhana training, I had been one of a large group taught by fellow disciples. Our time with the guru was only in *satsang*.

To have long, searching conversations with someone who was focused on my specific needs and issues was remarkably transformative.





About Shrimath

Shrimath Yoga is the **only YOGA SCHOOL** listed in international travel portal TripAdvisor to be consistently ranked in the **top #3 since 2013**. Since 2015 we started to receive CERTIFICATE OF EXCELLENCE.

In 2019, Shrimath Yoga entered the **HALL OF FAME** in TripAdvisor for securing CERTIFICATE OF EXCELLENCE for 5 consecutive years. Do feel free to write directly to our students reviewers and get to know about their experience on studying at Shrimath Yoga.

Jai Ma!



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