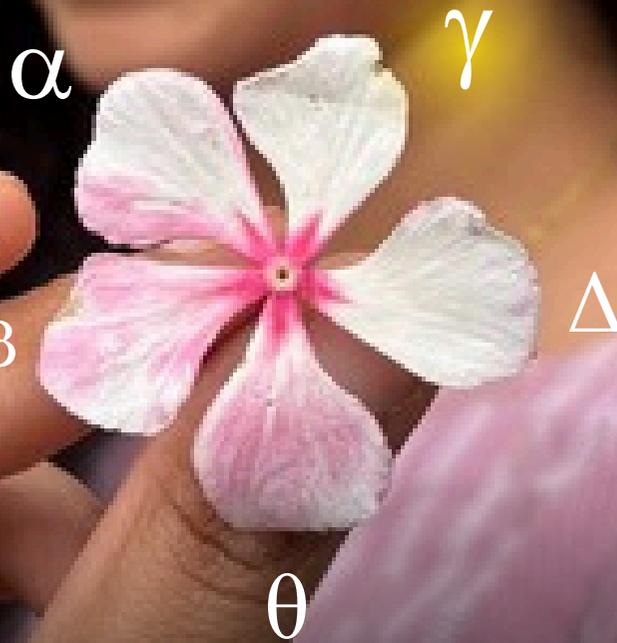


Anakha Rose Thomas



YOGA NIDRA
is a Game Changer



What if I told you that your biggest breakthroughs start with simply understanding yourself?

There was a time when I was simply going with the flow - without realizing what I truly wanted or what aligned with me as an individual.

The lack of ***self-awareness*** led me to follow commonly used methods without questioning whether they meant for me. I was replicating a few commonly found patterns rather than reflecting.

Over time, through the books I read, the people I met, and deep conversations with knowledgeable individuals, I came to a realization that ***every individual is unique, and everyone has a purpose.***



For some, **discovering their true passion** comes naturally. They know what they want, what they wish to achieve, and their life's purpose.

But for people like me, it has been a journey. One that begins with self-awareness. Just like any relationship, the one we have with ourselves matters the most.

If we dislike our own company, how can we truly connect with others?

I once read, "**Unless you are comfortable with yourself, no one else can truly be friends with you.**" That made a lot of difference.

Recently, I started practising Yoga Nidra, and I must admit, it's a ***game-changer***.



My initial intent was to use it for desire manifestation, but it turned out to be much more. ***Yoga Nidra brought me back to myself.*** It helped me reflect, build a routine, and focus better.

Bhramari Pranayama, in particular, has been a transformative experience. Practising Bhramari calms the mind by shutting down beta waves, allowing deep concentration.

More than the end goal, I am now learning to trust the process. I am enjoying & embracing every step instead of rushing toward the outcome.

And I must say - good things are happening. Maybe the cosmos is aligning things for me. 🥰



I am grateful to [Krishna Prakash](#) Sir and [Rashi Jain](#) for introducing me to Yoga Nidra and allowing me to experience its impact firsthand.

I now see myself as a work in progress! 😊

[!\[\]\(bd1a142de767a21e5362c595f844a4ff_img.jpg\) Read LinkedIn Post here](#)



About Anakha

Product Manager | Co-Founder @Aurova | Technical Head @ShrimathYoga | Web Product Strategist | Focused on User-Centric Design & Product Road mapping



About Yoga Nidra

This is a great time-tested as well as ***scientifically studied*** process that leaves lasting impact on the practitioner.

Yoga Nidra helps us to form healthy habits - right from physical routine like Asana, gymming, walking, martial arts to mental routine like Meditation

The “habit formation” is possible due to the unique concept of ***Sankalpa***, a higher order statement than the regular affirmation.

In the 8 limbed system of Yoga, **Yoga Nidra (that we, the commoner practice) belongs to the 5th limb** & it is the connecting limb from physical to mental aspects of Yoga.



What is Yoga Nidra

A time-less Yogic technique *where one mimics sleep yet stays aware* to program one's life or aspects of it.

Where did Yoga Nidra originate

Maha Vishnu is seen in Yoga Nidra to ensure the cosmic functioning, thus it's difficult to fix a perfect timeline.

Adi Sankara's Yoga Taravali & Devi Mahatmyam directly mention Yoga Nidra. Mandukya Upanishad mentions indirectly.

How Yoga Nidra works

It works across *5 sheaths of human existence* starting from physical relaxation to spiritual emancipation.

The effects of this practice in *brain, nervous systems* etc as well as one's *Mind* becomes apparent not only to the practitioner but to those around them.



When can we practice Yoga Nidra

Unless we are driving a vehicle, the 1st 2 levels of Yoga Nidra can be practiced in a **sitting pose** (with erect spine) or in corpse pose (preferably).

Higher levels are practiced effectively in **corpse pose** only.

Why did we redesign Yoga Nidra

Today's generation ...

- 1) **distraction** & diversions are many
- 2) retention & **attention span** is less
- 3) likes to **understand & experience** first before going deep

Who can practice Yoga Nidra

Those who WISH to:

- 1) **Manage & channelise stress**
- 2) Experience **deep restorative sleep**
- 3) **Manifest (Dharmic) desires**

What is the investment to study properly

- 1) *60 minutes* each time for *27 days*
- 2) ready to spend the cost of a good mattress to experience the above 3 WISHES
- 3) a *good Yoga mat*

 [Read Linkedin Post here](#)

Want to Learn and Practice?

- 1) Podcast about Yoga Nidra
- 2) Join our Online or Hybrid Courses for Yoga Nidra
- 3) Complete our Free Yoga Nidra Course

Still have doubts? Reach out to us!

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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 since 2015.

In 2020 we were awarded the **TRAVELLER'S CHOICE** that's offered only to the **top 10% hospitality properties** of the World.

Do feel free to write directly to our students reviewers and get to know about their experience on studying at Shrimath Yoga.

Jai Ma!

