

meditation group



Yoga Nidra Meditation:

Yoga Nidra is a form of meditation and mind-body practice. This style of meditation includes intention setting, guided body scan, and invites and encourages us as practitioners to welcome, notice and witness the entirety of our experience. A session may include portions without verbal guidance or may include single spoken words or short phrases, in addition to the guided body scan. The practice will conclude with gentle voice prompts and the sounding of a singing bowl. Yoga Nidra meditation varies in length with an expected minimum offering of approximately 20 minutes. *This is not a movement yoga class*, though there may be some forms of movement to connect us with our bodies before the meditation begins or at the conclusion. Afterward, practitioners are welcome to journal or share about their experience.

For comfort: Please bring whatever you would like so that you may be comfortable as you settle into the practice. Suggestions include yoga mat, blanket, pillow (for head and/or for under your knees if laying down), meditation cushion, eye pillow.

For reflection: A writing utensil and journal.

Benefits of Yoga Nidra are many and include but are not limited to reduction in stress and anxiety, increased feelings of joy, better sleep, management of physical symptoms, a feeling of mind-body-spirit balance and wellness.