



Corazón Yoga

Yoga Nidra

Yoga nidra involves slowing down and chilling out. So does meditation, in fact Yoga Nidra is meditation. While some people tend to lump them together, they really are two different practices.

With yoga nidra, you are lying down and the goal is to move into a deep state of conscious awareness sleep, which is a deeper state of relaxation with awareness. This state involves moving from consciousness while awake to dreaming and then to not-dreaming while remaining awake — going past the unconscious to the conscious. This practice is guided like some meditation practices, but it's very structured.

Yoga nidra works by tapping into your autonomic nervous system, which is the system in charge of the things your body does automatically, like maintaining your heart beat, blood pressure, body temperature, digestion, and metabolism. Yogically we move through the different layers of the body: physical, breathing, mental, intellectual, joy

Meditation makes it possible for us to get to the delta state, which is the place of the deepest sleep cycle. The delta state is a deep healing state, that is the state that we look for in Yoga Nidra.

Yoga Nidra works with the autonomic nervous system. The autonomic nervous system regulates processes of the body that take place without a conscious effort (heartbeat, breathing, digestion and blood flow). This system also includes the sympathetic and parasympathetic nervous systems. It boosts immunity, reducing stress to improve sleep. Yoga nidra revitalizes the body and mind. It resets the mind, heals the body and prepares one to handle the daily tasks much more optimally.

Meditation helps us calm the sympathetic nervous system and activate the parasympathetic more. There's such a benefit when those are balanced overall for immunity, digestion and stress management.

While meditation and yoga nidra were both effective in reducing anxiety and stress, yoga nidra seemed to be more effective in reducing anxiety. The study also suggested that yoga nidra can be a useful tool in reducing both cognitive and physiological symptoms of anxiety.

Thank you for your time. For Further Inquiries about private lessons or general information contact

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