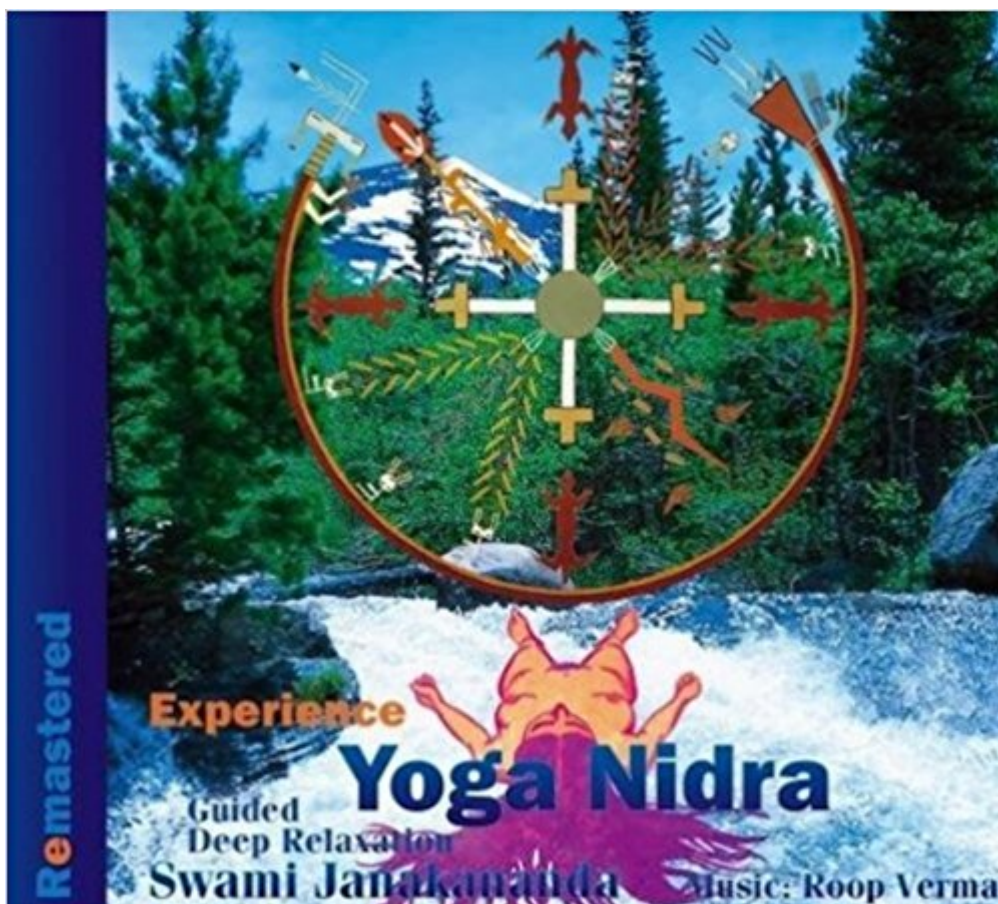


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# Experience Yoga Nidra: Guided Deep Relaxation (Remastered)



## Synopsis

The CD contains two genuine relaxation methods. Swami Janakananda guides you into a deep relaxation of body and mind to the background of music and sounds of birds, animals and the elements. He uses the tantric mantras and visual symbols to awaken and harmonise your innermost nature. Roop Verma, on sitar, is the first musician to record the chakras' ancient music symbols. Comes with a 24-page booklet about the background of Yoga Nidra and how to get the full benefits from the two relaxations. "Relaxation is a state that is best achieved by using a technique that triggers it. During Yoga Nidra, the blood pressure is normalised, the immune system is strengthened and the brain slows down and cooperates. All 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. The more familiar you become with Yoga Nidra, the easier it is to glide into the relaxed state. And as you come to know harmony, you are soon able to instantly recall it, in the middle of daily activities. What makes Yoga Nidra so special is that it touches all parts of your being through the different methods it contains." -Swami Janakananda

## Book Information

Audio CD

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Shipping Weight: 2.9 ounces (View shipping rates and policies)

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

Best Sellers Rank: #550,625 in Books (See Top 100 in Books) #44 in Books > Books on CD > Health, Mind & Body > Fitness #138 in Books > Books on CD > Health, Mind & Body > Meditation #143 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

## Customer Reviews

Written and said about Experience Yoga Nidra "At home I use the CD 2-3 times a week. The relaxation effect is wonderful. I have realised that my verbal understanding is strengthened by practising yoga nidra. Memories and past experiences seep up and I discover that the way I am relating to myself is changing slowly but surely. My sense of self is strengthened - and I've become more and more caring (friendly, patient and permissive), also towards myself. It feels really good.

Like the experience of finding peace and feeling eased now and then.” -Anneli Wiberg, Sweden

”We had not expected the meditators to be able to control their consciousness to such an extent.”

-Brain researcher Troels Kjar, The Kennedy Institute, Copenhagen, Denmark ”After the course I have continued to use the Yoga Nidra CD and found other benefits, such as reduced anxiety and better sleep. I am very grateful to Swami Janakananda for providing such a wonderful gift to humanity. Thank you.” -Liam Phillips, Australia ”I have had the Experience Yoga Nidra CD for a month. I found the instruction on the CD clear and easy to follow. I do the long version each morning first thing and early evening I do the short version and follow with meditation. I definitely feel more relaxed and cope better with everyday setbacks even this early. And the effect seems to be cumulative. The yoga nidra is a joy to do and I haven’t needed any self discipline to keep me motivated. I wish I had found the CD years ago as I have suffered from depression a long time and I really believe that yoga nidra is helping already. Once again thanks for the Experience Yoga Nidra CD.” -Margaret Green, UK ”I am always more relaxed and energized and able to cope with the day better after I use the CD. I have given the CD as a present to many friends who have also found it very beneficial.” -Anne Clutterback, Mackay, Australia ”I noticed the effect of my first trial of Yoga Nidra for hours afterwards. It’s hard to describe really, I was definitely more relaxed than usual, but not at all sluggish or slow, quite the opposite. It continually amazes me that such seemingly simple instructions can have such a strong effect. The quality of my sleep has improved greatly since I started using the CD.” -Nicola Birch, UK ”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.” -Dr. Lisa Love, USA ”This work is a hit, if you can talk about hits within relaxation.” -A. Thomson, UK ”After a number of years of having a stressed life with a job that almost ruined my ability to live in the present, I’m now happy to face each new day again, not worrying unnecessarily about tomorrow. I have learnt to laugh again. I think it’s fantastic.” -E. Berg, Sweden ”Yoga Nidra is different from anything I have heard before. It is accompanied by nature sounds and the Indian musician Roop Verma. Sound symbols for the various chakras are also played, from the music tradition called Nada Yoga. Naturally, this practice is an individual experience. Personally, I find it utterly fascinating. I feel refreshed and revitalised after the practice, and I know I will continue with it.” -Nils-Olof Jacobsen in the magazine Sokaren, Sweden

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 --This text refers to an out of print or unavailable edition of this title.

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 Saraswati. 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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