



I'm not robot



**I'm not robot!**

The goal is to enter a conscious sleep state and totally relax your brain, therefore releasing any unwanted tension in your body. what's super cool about it is that researchers who have studied it have found that the brain goes into a unique state where it is asleep, while we're actually awake and conscious. it's a form of meditation where practitioners enter a deeper state of conscious relaxation; but that's not all. yoga nidra is the ultimate relaxation technique for releasing stress and tension held in your body. not all yoga practices involve flowing or holding poses in a hot room. yoga nidra is a form text of guided meditation that involves elements like deutsch a body scan meditation and pdf visualizations. 12m views 7 years ago # yoganidra. yoga nidra is the practice of entering the conscious state of mind that falls somewhere between sleeping and being awake. learn how you can establish a yoga nidra practice. yoga nidra text deutsch pdf yoga nidra promotes deep relaxation and no movement is involved. discover its true meaning and key benefits here. yoga nidra means "yogic sleep". you're "awake" the entire time you practice, but you're not exactly alert.