

Gururaj: Those of you who have not fall asleep can listen (laughs). Wakey – wakey. Good. The purpose of yoga nidra is – sorry – is to be fast asleep and still being fully aware of everything that happens around you. So we don't only develop awareness in our waking state, but we are also aware in our sleeping state. Yoga nidra is one of the practices that could release so much tension and stress from you. It is the – it is one of the most relaxing practices ever founded and can be done from a child of six to a child of eighteen. It is not strange at all, people that are interested in hatha yoga, twirling the feet and the arms and putting the foot over the neck and all that is not necessary. This is very simple and it helps you to take yourself into very deep state. So yoga nidra means yogic sleep, nidra is sleep, yoga – yogic sleep. So while doing the practices if you do fall asleep, I don't mind and if you start snoring, I don't mind either (Laughs) <0:03:04.6> good, now relax, stay on your back. As you've read on the – I don't know if everyone got this? Yes? Those that haven't got can collect them from <0:03:35.5>

Translator: They are actually lying on the table.

Gururaj: They are lying on the table. Now you must have heard of progressive relaxation but this is more advanced. Now you're lay on your back, wiggle and move your toes and always pay attention to me – wiggle toes – now as you wiggle them the tension from the toes would disappear – interpret – interpret it.

Translator: Oh yeah, I'm sorry.

Gururaj: Now rotate your ankles and you feel the stiffness going from your ankles. Now rotate them in the opposite direction. Now lift your legs up as comfortably as possible, don't strain yourselves (laughs) and shake your calves – calves –calves, yeah feel them shaking, you shake your legs, I want you to shake your calves. Come on shake up, shake your calves, shake your calves. We're removing the tensions, shake your calves. You do it six times, one, two, and three and four and five and six, down with your legs, down with your legs. Now lift your right leg as high as possible. I hope the ladies <0:06:29.1> loose dresses, I don't wanna see other things (laughs). And drop the leg slowly – slowly, feel the motion of dropping the leg, not in a force. Right and feel that you're dropping it, up again with the right leg. One as high as possible and down slow – slowly and slowly down and that's one, two up again and slowly down. Feel the tension, feel the control of your leg muscles and three up again and down slowly – slowly --- slowly – slowly – slowly and four, up again, don't rush it up, we're not gonna catch an aeroplane. Slowly up, we must feel the tension and down slowly

– slowly – slowly – slowly – slowly and five, up again and slowly – slowly down – down – down – down. And six up again and down – down – down – down.

Now you start with the left leg, you know which one is the left one? Up do it slowly – slowly – down – down – down – down, that is one. Up again as high as possible and down – down – down <0:09:55.5> of your leg muscles and three up, down – down. Four, up, down – down –down. Oh that was only three and a half, we'll start with four again. Four up, and down – down – slowly – slowly – slowly down – down – down – down and five, up high as possible, down – down – down and down and six, up, down – now to the left. Now pull in your anal muscles as much as possible, now pull it as much as possible, oh – oh (laughs) and relax. Now second time <0:12:31.3> that's how you're massaging your muladhara chakra (laughs), pull in and in and in relax. Two, in – in – pull in as much as possible, tighter – tighter down – down and relax. Where are we? <0:13:18.3> possible, this will improve and relax. This will regenerate your sexual organs and in again and as much as possible tighter -- tighter – tighter. Come on tag and relax. Do it <0:14:12.1> possible. Now pull in your abdomen muscle as much as you can, pull in your stomachs even if you it touches your spine, then touch the spine if you can. There are so many other things in the way though, <0:14:48.0> your stomach as much as you can and relax. Number two again – ah, this young man is doing so well – and relax. Pull in, number three in and in as much as you can, you can feel so hungry tonight, ah, number four in, and relax. From <0:16:07.7> and relax. <0:16:18.0> as much as possible and relax. Now just relax and become conscious of your dream, do not concentrate but just feel there <0:17:09.3> Now just relax now <0:17:58.0> and move your arms slowly from your sides right up behind your head <0:18:24.1> and you carry on.

Translator: Okay.

Gururaj: Raise your palms, we are with number two now?

Translator: No five (laughs).

Gururaj: Be conscious of your movement, that's important. Right. <0:22:41.8> each step you take <0:22:47.4> Now clench your fists yeah and tense your body as much as possible, oh body stretch (laughs), stretch your legs with your hands <0:23:38.0> lift up, lift up your arms, lift up, it will stretch better. It will stretch up better, lift up your arms, lift up your legs. Stretch <0:24:00.7> I know that your pain <0:24:12.5> right, clench your fist a bit and stretch, whole body, your neck, your head, your back side, your arms, your legs,

everything and <0:24:35.9> once more, okay? Stretch, now give it all you got. I'll explain you why, stretch, let the muscles feel sore, stretch (laughs) and <0:25:13.4>. You see everything can be fun. That's the best way of teaching and if you teach children in school we can get more into the head, you would make it fun <0:25:34.0> Now just breathe normally. Now have your bodies as flat as possible, yeah, in hatha yoga, in hatha yoga we call it shavasana which means the dead pose, you're dead. All your muscles touching the ground as flat as possible and just breathe normally. Now you will find thoughts <0:26:39.5> in through your head. There can be any kinds of thoughts, it doesn't matter, it's not important. <0:26:54.7> in and out, watch them <0:27:05.6> thoughts, any kind of thought, it's not important. You can do this for about five minutes or ten minutes depending what time you have <0:27:41.8> the longer you can spend on this, the better it is. Just breathe normally, you'll feel your breathing is slowing down. You're now in a state of lovely relaxation. As you practice more, you might start feeling a bit cold because your metabolic rate drops. <0:29:35.5> so if you want to use a blanket at home to cover you, you can, nothing wrong. Now just imagine a cool comforting breeze going up your nostrils <0:30:15.0> this cooling, comforting breeze is reaching right <0:30:38.9> to your skull and brain. Cool comforting breeze, it is making me feel calmer and calmer because the cooling comforting breeze is penetrating your brain <0:31:13.9>.

Now the cool comforting breeze is moving over your temples and over your eyes, relaxing your eye muscles in this cool comforting breeze, coming down your cheeks its moving and moving over your lips and over your chin and down your neck and ears, cool comforting breeze <0:32:19.9> no over both your shoulders and down your arms, it has reached your biceps, cool, comforting, relaxing breeze going through your biceps and they are at your elbows and still moving down your forearms, cool, comforting, relaxing breeze. <0:33:26.3> to your wrists, its moving down from <0:33:34.0> relaxing you and through your palms and the back of your hand and still moving down to your fingertips, through your finger to your fingertips, cool, comforting breeze. Now the cool comforting breeze is moving up your arms and slowly – slowly – slowly <0:34:32.2> to your shoulders, cool, comforting, relaxing and its moving down over your chest <0:34:55.5> over your chest and behind your back and its reaching your naval area and the <0:35:14.6> of your back and further down its moving <0:35:25.7> cool, comforting, relaxing and further down over your buttocks and over your pubic area, cool, comforting, relaxing and down – down – down – down – down – down – down – down, cool, comforting and over your thighs and both your calves, cool, comforting breeze. So relaxing, it's over your thighs and under your <0:36:43.7> and now its moving over your knees and under your <0:36:57.4> cool, comforting breeze, so relaxing and down your calves and your shins down – down, cool, comforting, relaxing, so so relaxing <0:37:53.1> cool, comforting breeze, from your ankle it is moving down – down – down <0:38:22.9> of your feet and under the sole of your feet. <0:38:32.4> cool, comforting, breeze. So relaxing <0:38:49.0> through your

toes to the tips of your toes, cool, comfortable and relax. I will be walking around you, looking at you so do not feel disturbed. The purpose is to measure the degree of your relaxation.