

Yoga Nidra

Yoga Nidra, or yogic sleep, is a practice of placing the mind in a very specific state of consciousness, or hypno-yogic state. In this state, anything that we implant in the mind will alter our natural impulses. Advanced yoga nidra is done with sankalpa, or resolve, which is repeated to implant something in the mind.

References and further reading

- Robb, S. L. (2000). Music assisted progressive muscle relaxation, progressive muscle relaxation, music listening, and silence: A comparison of relaxation techniques. *Journal of Music Therapy*, 37(1), 2-21.