



ANANDAM YOGA SCHOOL

Journey to Stillness

A complete Yoga Nidra script for calming the mind — to practice, to read aloud, or to guide others. Especially soothing before sleep.

Written by Sophia Racine during her 300-hour training with Anandam
Yoga School

· 30–45 minute practice · suitable for beginners ·

How to use this script: read it slowly to yourself before resting into practice, record it in your own voice, or read it aloud to guide a partner or class. Pause generously between instructions — the silence between the words is where Yoga Nidra happens.

The following Yoga Nidra script is specifically designed for individuals who desire profound rest and relaxation. While it can be practiced at any time of day, it particularly benefits those seeking a peaceful and rejuvenating night's sleep.

1 Preparing for Yoga Nidra

Guide's tip: allow 3–4 minutes. Keep your voice low and unhurried — one instruction per breath.

Please lie down on your mat. We will now prepare for Yoga Nidra. Adjust your body and find a comfortable position. If needed, use blocks, pillows, or blankets to support your comfort during this time. Let's make this practice as relaxing and comfortable as possible.

During Yoga Nidra, there should be no movement. Simply lie on your back with your palms facing up and your feet comfortably apart. Close your eyes and maintain a soft gaze. Throughout the practice, keep your eyes closed and allow your body to enter a state of complete relaxation. Take a deep breath in, exhaling any stress, worries, or preoccupations from your system. Repeat this two more times, inhaling and exhaling deeply.

In the following minutes of this Yoga Nidra practice, you will experience a deep relaxation sensation throughout your entire body, from head to toe. There is no need to force any muscles to relax; it will happen naturally. Simply follow my voice and let the practice guide you. Try your best not to fall asleep during the practice. Make a promise to yourself to stay awake and repeat mentally, "I will not fall asleep, I will remain awake throughout the practice."

During Yoga Nidra, your senses will connect on a hearing and awareness level. The most important thing for you to do is to follow my instructions. I will guide you throughout the practice. If thoughts arise and distract you, it is normal. Don't judge or hold onto them; simply let them go. If you find it challenging, don't worry or overthink it. Naturally, the thoughts will pass and flow away. Allow yourself to find calmness and steadiness.

Now, slowly shift your attention to your body. Concentrate and visualize your head. Gradually scan your entire body from head to toes, seeking stillness and complete relaxation. Observe if you still hold tension in your body and aim to become more comfortable in the stillness.

With the same intention, become aware of the practice of Yoga Nidra. You can repeat mentally, "I am aware, I am going to practice Yoga Nidra."

The practice begins now.

Guide's tip: invite a short, positive, present-tense resolve. It is repeated three times — and returned to at the very end.

Now, invite your awareness to journey towards your sankalpa, your intention for this practice. Direct your focus towards allowing your inner intuition and wisdom to reveal your sankalpa. Let it awaken within you. Invite your sankalpa to take shape in the form of "I AM" and choose the affirmation that resonates with you in this present moment. Allow it to resonate louder in your mind. If the message remains unclear, you can connect with the following sankalpa: "I AM compassionate for myself and others," "I AM at peace," "I AM worthy," "I AM enough," "I AM calm," or simply "I AM." Mentally repeat your sankalpa three times, planting the seed deep within your subconscious mind, knowing that over time it will manifest. Repeat mentally, "I AM [your sankalpa]," "I AM," "I AM." Rest assured that we will revisit your sankalpa at the end of the practice, giving you the opportunity to reconnect with it.

Guide's tip: the longest stage. Keep a steady rhythm; name each body part once, without waiting for confirmation.

Now, redirect your attention to your physical body. Begin a rotation of consciousness, focusing on each part of your body individually. Feel each part and visualize it in your mind. Allow your awareness to travel swiftly, establishing a deep sense of connection and awareness with each part. Mentally repeat the following affirmations:

"My right thumb, My second finger, My third finger, My fourth finger, My fifth finger, My right palm, My right hand, The top of my right hand, My right wrist, My right lower arm, My right elbow, My right upper arm, My right shoulder, The right armpit, Right waist, Right hip, Right thigh, The kneecap of my right leg, The calf muscle, The ankle, The heel, The sole of the right foot, The top of the right foot, The big toe, The second right toe, The third toe, The fourth toe, The fifth toe. All five toes."

Now, shift your focus to your left side:

"My left thumb, My second finger, My third finger, My fourth finger, My fifth finger, My left palm, My left hand, The top of my left hand, My left wrist, My left lower arm, My left elbow, My left upper arm, My left shoulder, The left armpit, Left waist, Left hip, Left thigh, The kneecap of my left leg, The calf muscle, The ankle, The heel, The sole of the left foot, The top of the left foot, The big toe, The second left toe, The third toe, The fourth toe, The fifth toe. All five toes."

Now, take a moment to shift your awareness to your back. Visualize and mentally repeat:

"My entire back, The back of my head, My neck, The right shoulder blade, The left shoulder blade, The entire spine, The right buttock, The left buttock."

Continue by shifting your awareness to the front of your body. Begin with:

"My abdomen, The navel, Right chest, Left chest, My throat."

Next, move your attention to your facial features:

"My chin, The lower lip, The upper lip, My teeth, The tongue, The tip of my nose, My entire nose, The right cheek, The left cheek, The right ear, The left ear, My right eye, The left eye, Right eyebrow, Left eyebrow, The space between the eyebrows, Forehead, Top of the head."

Now, shift your focus to your lower limbs:

"My entire right leg, My entire left leg, Both legs together."

Then, proceed to your upper limbs:

"The whole right arm, The whole left arm, Both arms together."

Continue by broadening your focus to encompass the entire back of your body: *"The entire back of the body."* Followed by the entire front of your body: *"The entire front of the body."* Finally, expand your awareness to include your whole body:

"The whole body... The whole self... Fully aware."

Sense your entire body resting on the floor. Feel the weight of your body supported by the floor. Visualize your entire body lying perfectly still on your mat. Picture it as if you were observing from above.

4

Breath Awareness

Guide's tip: counting backwards anchors the wandering mind. Losing count and beginning again is part of the practice.

Now, direct your awareness towards the energetic field within your body. Notice your breath and how it enters and leaves your body. Feel each inhalation and exhalation as it travels throughout your entire being. Observe how every inhale seamlessly transforms into every exhale, harmonizing the life force within you. Pay attention to the air entering your right nostril and then your left nostril. With each inhale, feel the movement in your navel as it lifts up, and with each exhale, feel it coming down. Allow your breath to flow from your feet to the top of your head, bringing calmness and clarity to your mind. Each inhalation revitalizes your system with prana energy, while each exhalation releases anything that no longer serves you. Maintain your own comfortable pace of breathing.

Now, begin counting down from the number 27 to 1. The objective here is not to rush and reach 1 as quickly as possible, but rather to cultivate awareness of your breath by focusing all your attention on the counting process. Mentally repeat "inhale, exhale, 27; inhale, exhale, 26; inhale, exhale, 25" and so on. If you lose track of the count, simply start again without rushing. Take your time and fully feel every sensation in your body. In a few moments, you will be gently called back.

Exhale completely and release any attachments you may be holding onto. Remember that you are practicing yoga nidra, a state of deep relaxation and awareness.

5

Awareness of Sensations

Guide's tip: hold each feeling only briefly. The purpose is witnessing, not dwelling.

Let us explore the realm of the emotional body, where we encounter duality and opposing forces. These sensations are all normal and deeply rooted in our human experience. Now, let us delve into our inner world and become more aware of what duality represents within our bodies. Take a moment to observe if there is any resistance present, or perhaps there is none.

Bear witness to the sensations of these feelings and emotions as they arise. Allow them to surface fully, and as you breathe, let them go. Throughout this process, cultivate compassion towards yourself and your emotions.

Gradually shift your awareness to the sensation of compassion. Notice how it feels within your body when you experience compassion for someone or a specific cause, event, or perhaps a moment shared with someone, whether during a vacation or not. Visualize and feel this experience in your body. Observe the sensations that arise when you feel compassion. Take note of the impact it has on your entire being.

Now, become a witness to the sensation of compassion within every part of your body.

Next, let us explore the sensation of indifference. Notice how it feels and the different sensations it evokes within your body. Visualize a moment when you felt indifferent towards something, someone, or even yourself. Observe the sensations it elicits in your head, chest, and feet.

Slowly redirect your awareness back to the initial sensation of compassion and then shift your focus to indifference. Move between both sensations, paying attention to any new sensations that may arise. Gradually guide yourself to a state of peace and equanimity, embracing the duality between compassion and indifference.

6 Image Visualization

Guide's tip: reassure your listeners — "it is perfectly fine if you don't see anything." Images are invitations, not tests.

Find harmony within the duality and transition gradually into the realm of imagery and creativity. Allow your mind to focus on visualizing the images I will describe to you. Strive to develop a clear and vivid vision of each image in the best way you can. However, please remember that it is perfectly fine if you don't see anything or if you visualize something different. Simply continue repeating and mentally visualizing each image.

Mentally repeat and imagine: A sunny day at the beach (x2), Sailing in the middle of a crystal blue sea (x2), A majestic castle in the middle of a plain field (x2), A clear blue sky (x2), A serene lake (x2), A cozy night with friends and family (x2), An ocean teeming with life (x2), A new beginning, a new beginning...

Continue to hold each image in your mind and allow your imagination to bring them to life. Take your time with each visualization, focusing on the details and the sensations they evoke.

7 Ending of Practice

Guide's tip: return to the sankalpa before reorienting. Bring people back slowly — small movements first.

Let the image you visualized sink into your subconscious. Slowly shift your awareness back to your sankalpa, the intention you set at the beginning of your practice. Return to it and repeat it in your mind. Say your sankalpa exactly as you did at the start of your practice. Repeat it three times with full awareness and connect with the sensations it evokes. Notice which part of your body feels the most sensation as you repeat your sankalpa. Is it in your chest, your throat, or your head? Feel it and observe the moment.

Relax all efforts and become aware of your breathing. Tune into the natural rhythm of each inhalation and exhalation. Feel the air moving in and out of your body. Now, shift your focus to the relaxation that your body experiences. As you lie on the ground, feel the weight of your body supported by the floor. Cultivate a deeper awareness of your entire body, from the top of your head to the tips of your toes. Try to visualize the room where you are lying down and become aware of your surroundings. Notice any sounds around you, such as birds singing or street noises.

Keep your eyes closed and gradually reintroduce movement into your body.

When you feel ready, roll onto your left side. Slowly return to a seated position while keeping your eyes closed. Connect with your breath and the sensations in your body.

I invite you to join me by bringing your palms together in front of your heart for one OM and three shantis. Inhale deeply and chant: OM, SHANTI, SHANTI, SHANTI...

Bring your hands to your third eye and bow to yourself, showing compassion to yourself, to others, and, most importantly, to your practice.

Namaste!



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