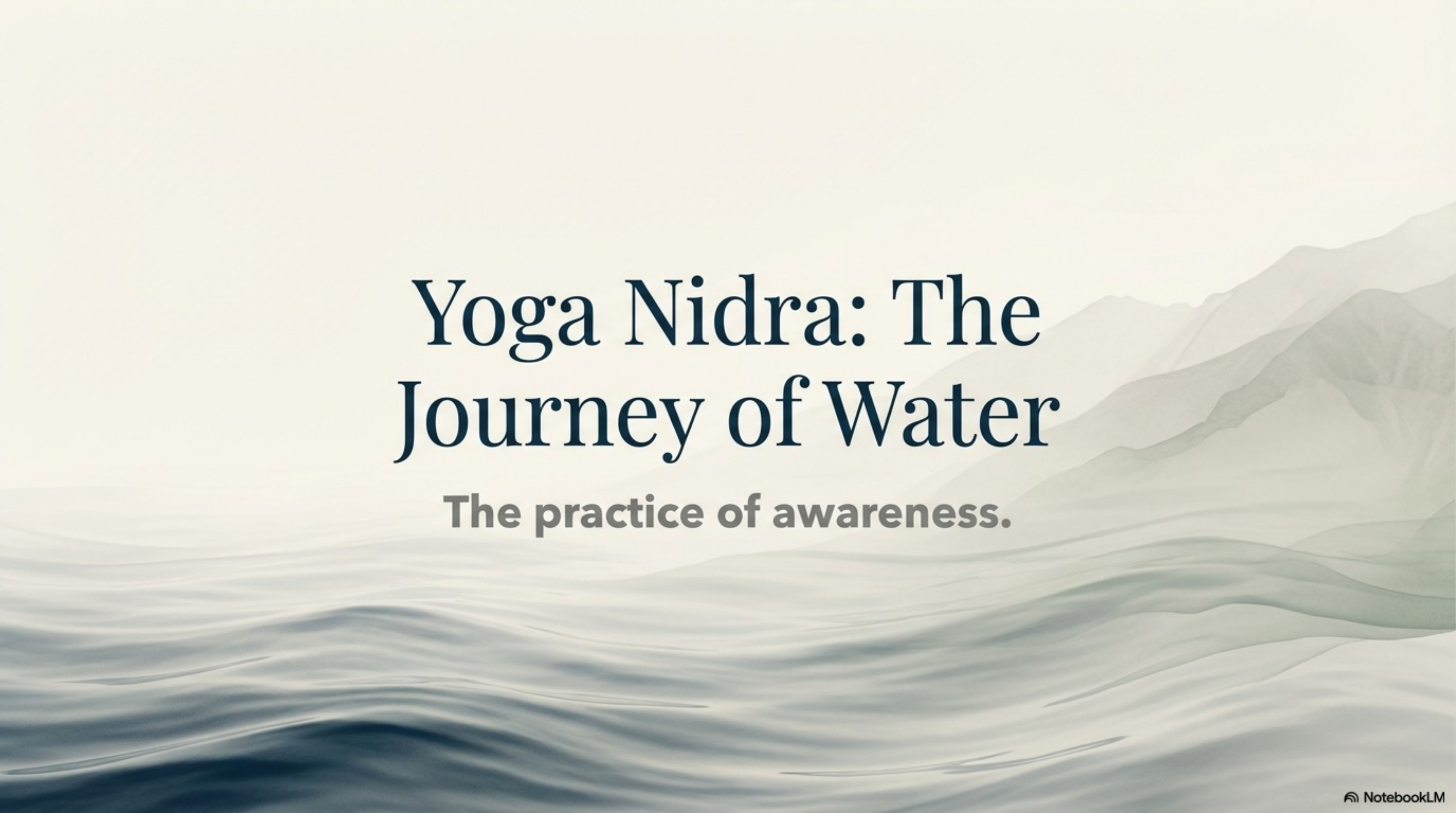


The background features a soft, painterly illustration. In the foreground, there are gentle, flowing waves of water in shades of light blue and white. In the background, a range of mountains is depicted with soft, hazy tones of green and blue, creating a sense of depth and tranquility.

Yoga Nidra: The Journey of Water

The practice of awareness.

Relaxed in the foreground, alert in the background

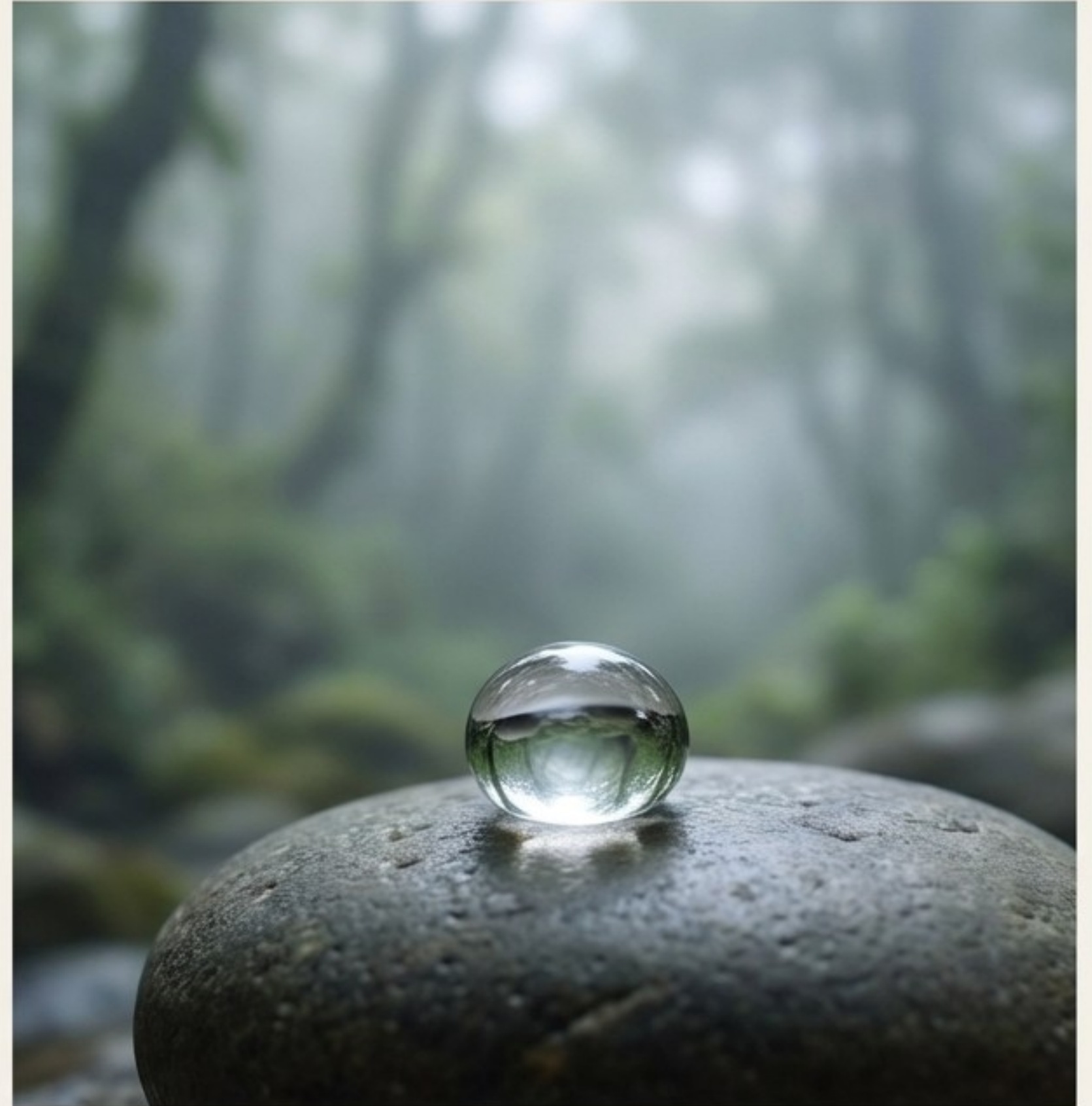
Resting the body, remaining attentive.

Foreground:

Relaxing the body and letting go of physical tension.

Background:

Remaining attentive and recognizing the Awareness already present.

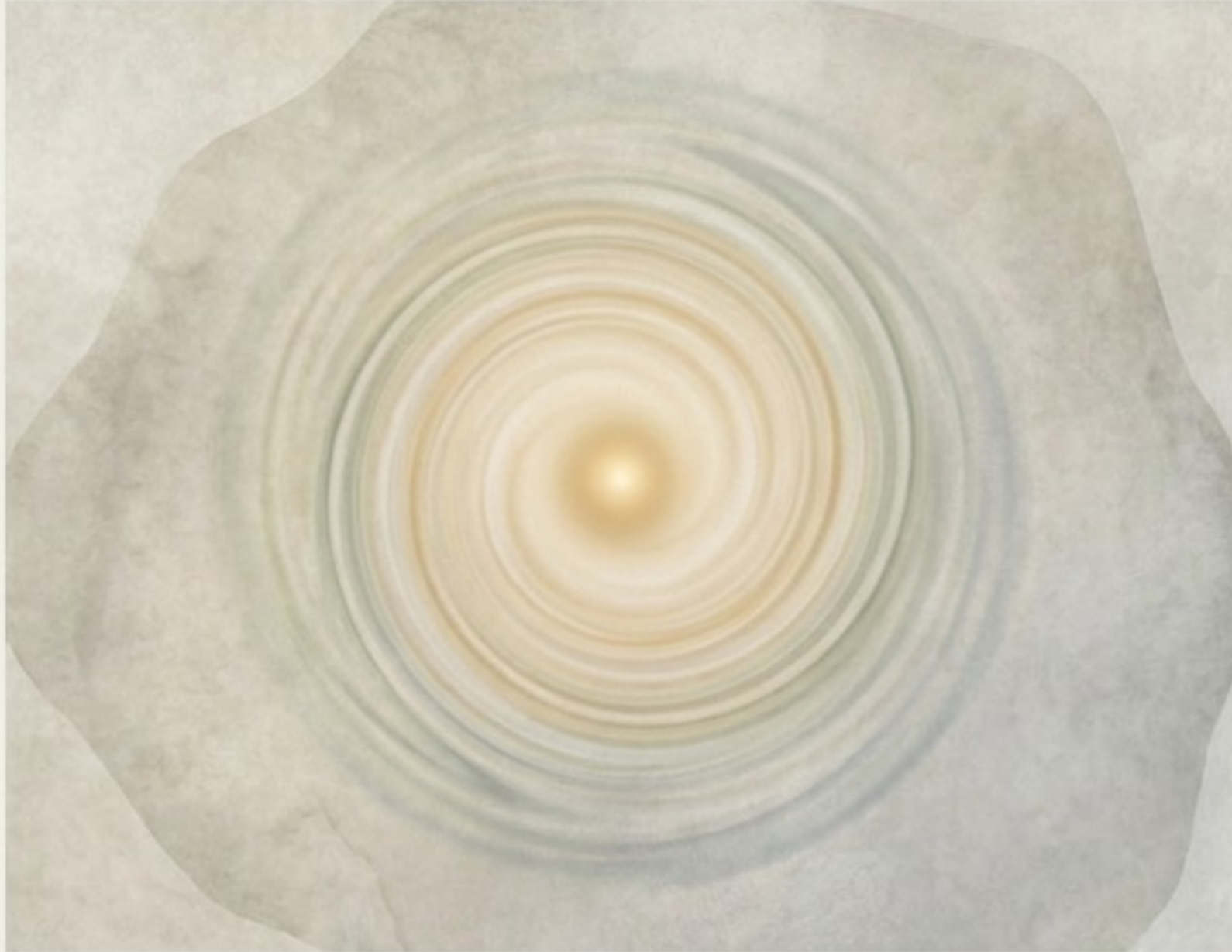
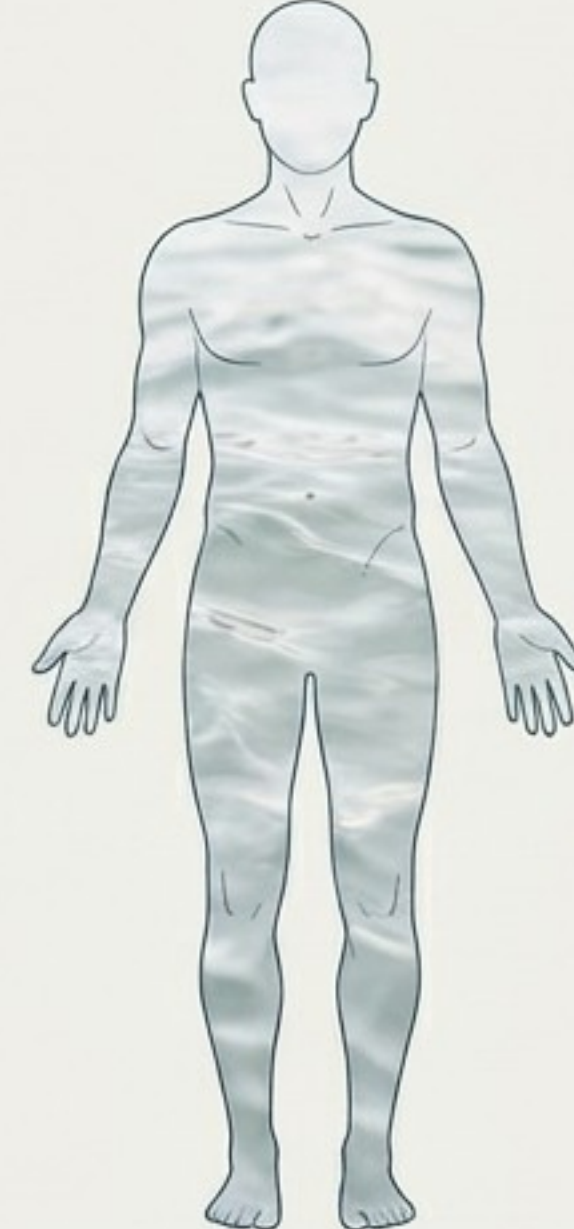


The mountain posture invites Listening-Feeling



The supported shape invites attention to breathing and the felt movement of life. Explore it when physically able and comfortable.

Planting a seed within a body of water



- **The Intention:** Planted as a seed in the spaciousness of the heart centre.

The Element: Water offers a lens for feeling the body. As the body rests, imagine water finding its own level.

- **The Goal:** Give the mind permission to take a mental vacation while observing the tide within this body of water.

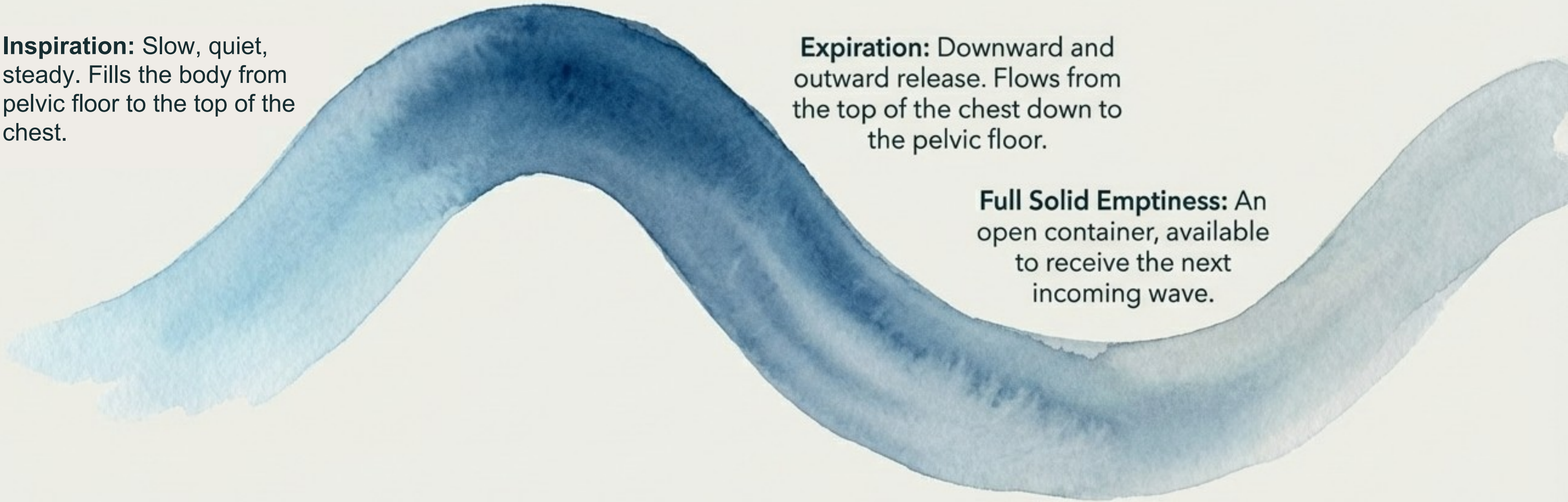
The tide of breathing is a four-part wave

Pregnant Emptiness: A natural space marking the transition.

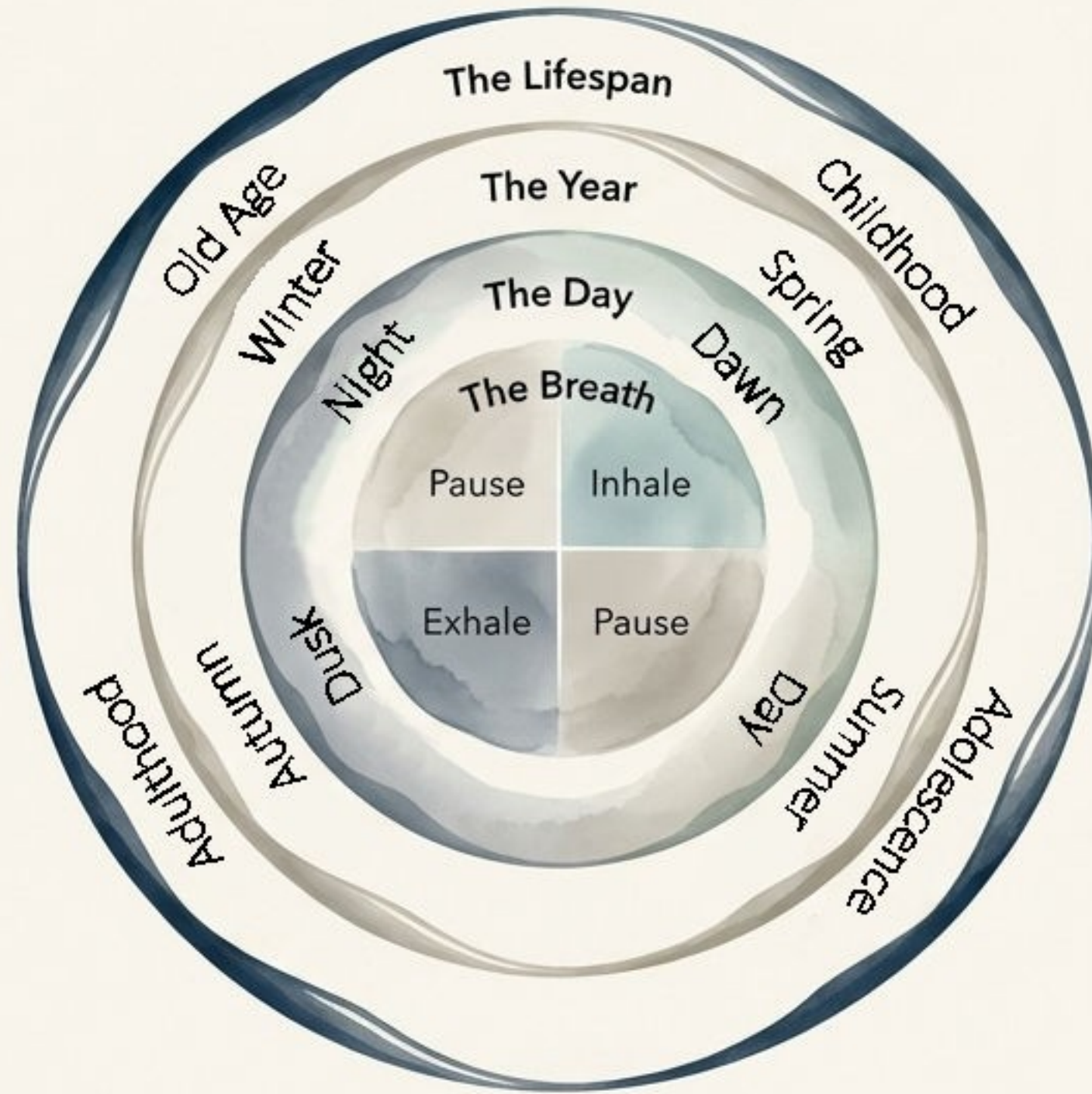
Inspiration: Slow, quiet, steady. Fills the body from pelvic floor to the top of the chest.

Expiration: Downward and outward release. Flows from the top of the chest down to the pelvic floor.

Full Solid Emptiness: An open container, available to receive the next incoming wave.

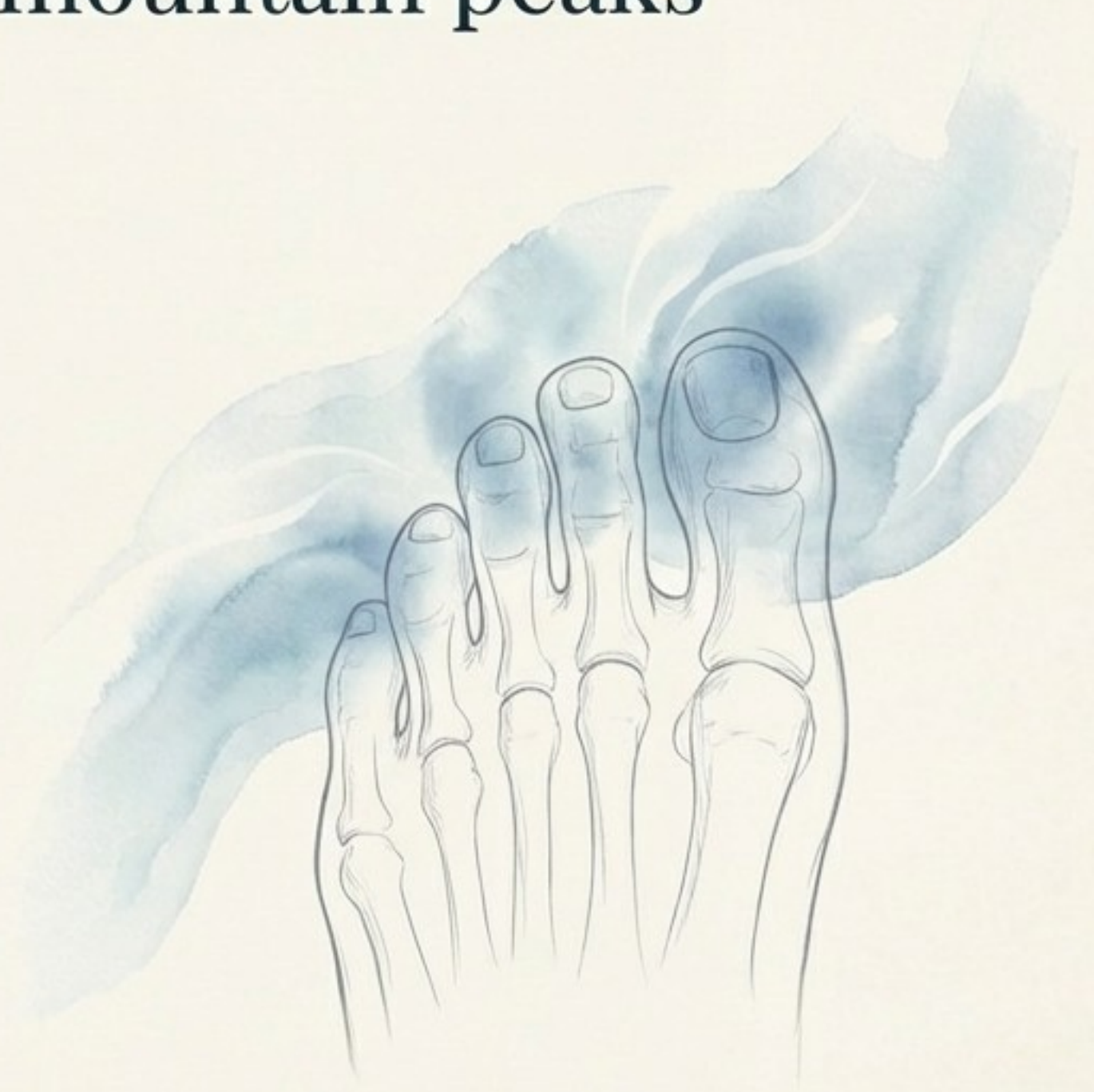


The simple breath mirrors the four-fold flow of all life



Awareness of the tide of your breathing is the means
to be aware of the functioning flow of life itself.

Water awakens at the mountain peaks



The Geography:

Water asleep as snow and ice on great peaks (the Himalayas, K2, Nanga Parbat, Annapurna, Everest, Alps, Andes, Rockies).

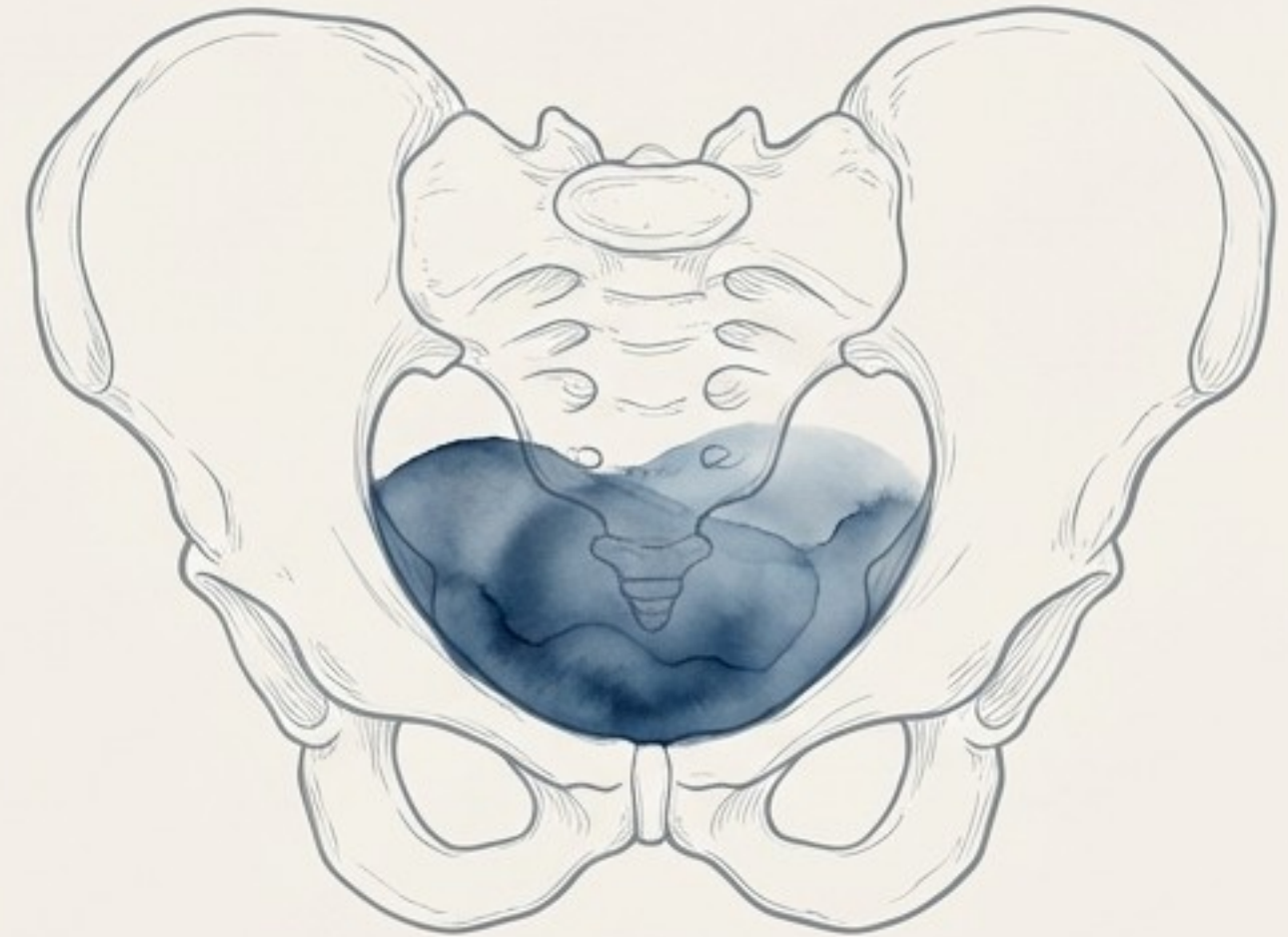
The Body Correspondence:

The tips of the toes and the extremities of the feet mark the peaks in this imagined landscape.

The Action:

Melting into drops, forming rivulets, and beginning its downward journey. Feel the coolness of the feet as fluids flow freely.

The pelvic basin becomes a still high mountain lake



The Geography:

Plateau and basin areas collect pure, clear, clean, and cool water from elevated peaks.

The Body Correspondence:

The bowl-shaped pelvis is imagined as a still, high mountain lake.

The Felt Journey:

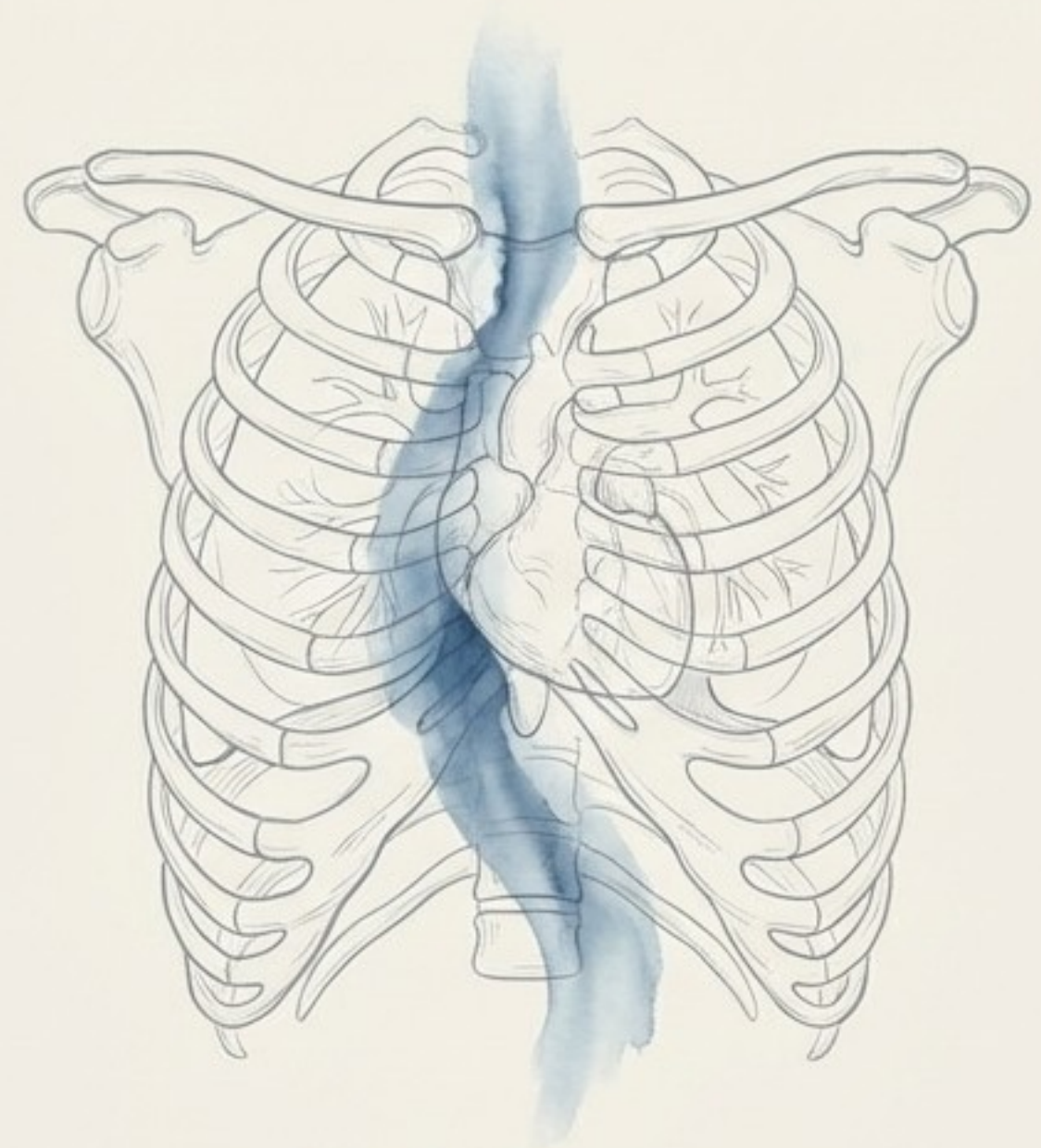
Imagine clear water gathering in the lake, then continuing through the abdominal landscape toward the valley below.

The river flows through the valley of the rib cage



The Geography:

The lake spills over, becoming a powerful river that nourishes the valley below (like the Nile, Yangtze, Rhine, Seine, Thames, Amazon, Mississippi, Colorado, and Ganges).



The Anatomy:

The tree-lined valley is the ribcage housing the vital organs.

The Felt Journey:

Let the river image invite attention to the chest, natural breathing and the felt movement of living.

The journey opens into the fertile river delta

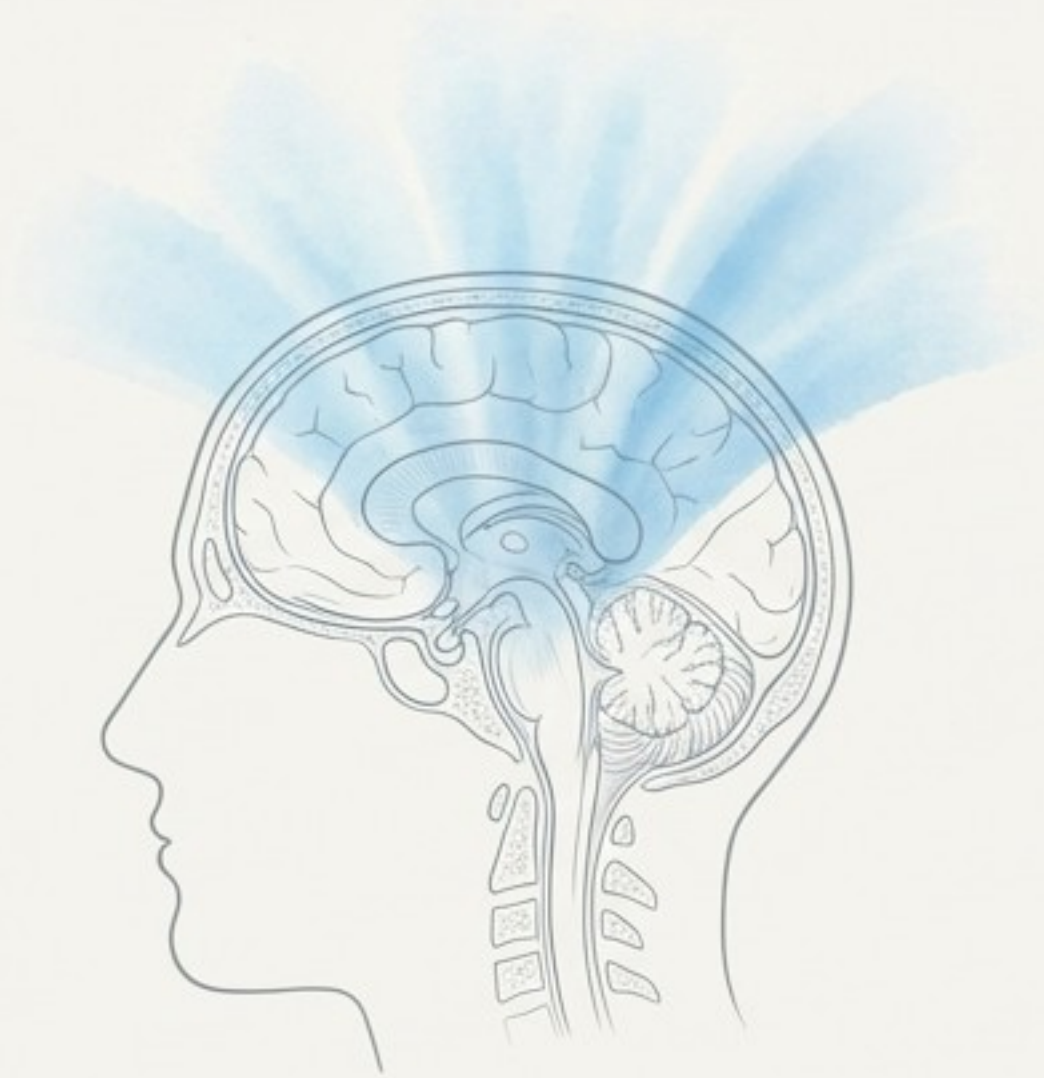


The Geography:

The tremendously rich and fertile area where the river finally meets the ocean.

The Anatomy:

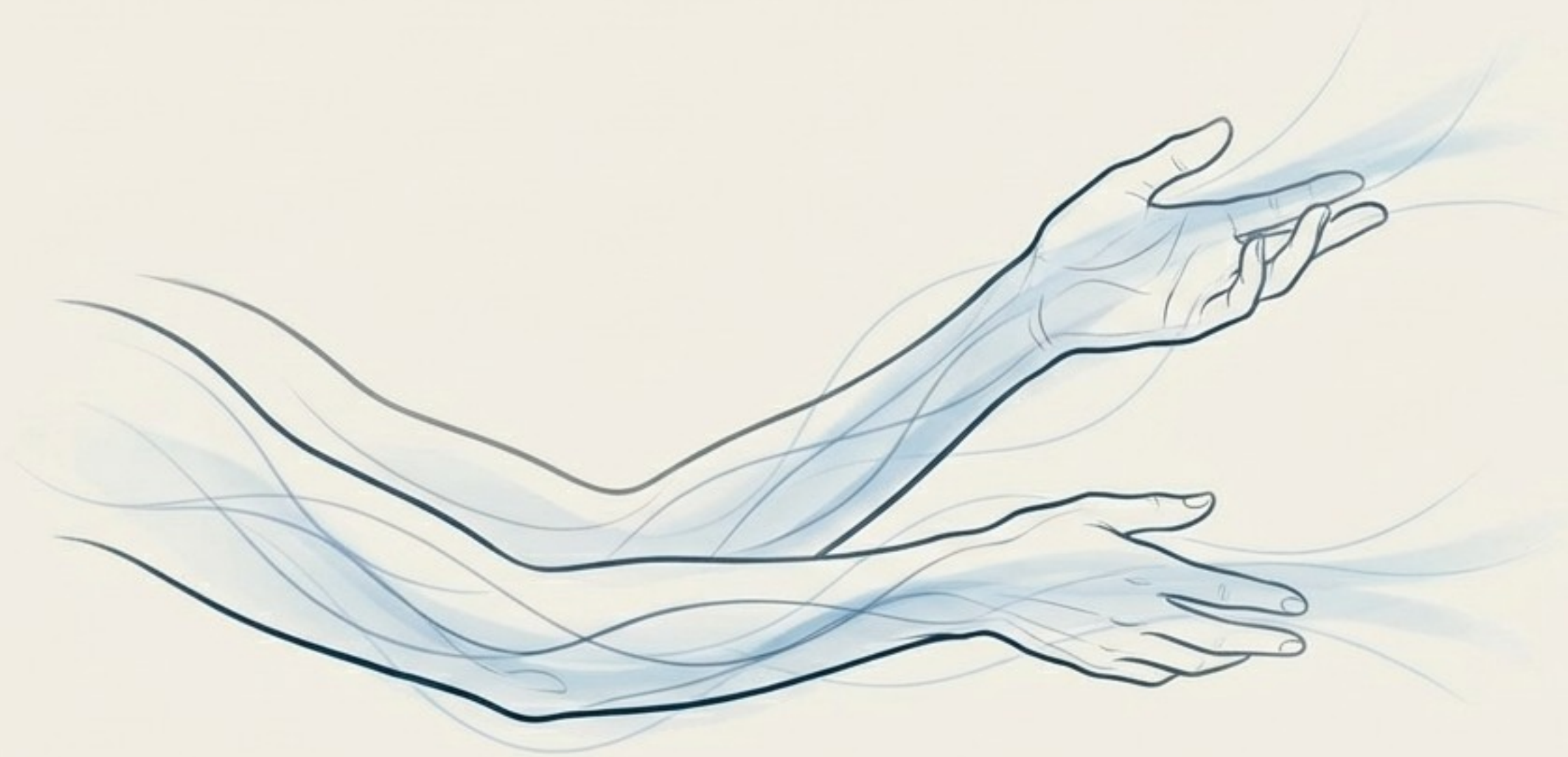
The space of the head and brain.



The Felt Journey:

At the head, imagine branching waterways opening into the ocean. Allow a sense of spaciousness without requiring a particular sensation.

Outward flows build connections beyond the body



The flow moves to the extremes into the arms and hands.

These are practical instruments.

They allow you to reach out, making connections and establishing relationships with things and people beyond your own body and mind.

Returning home to an ocean with no boundaries or edges

The drop of water from the top of Everest returns to its source.
There are no boundaries to define where the drop ends and the ocean begins.
The Realisation: You return home as spaciousness and awareness. The fundamental interconnectedness of all life means there is no edge defining where you end and others begin.

The breathing wheel of life continually turns

The water in the ocean is inhaled up into clouds.

It pauses, then is exhaled, falling as rain, snow, sleet, and hail over great mountains.

It sleeps at the peaks until it is time to flow once again.



Breathing is life, and life is functioning



The Foreground: The waves of respiration and the wheel of circulation flowing completely relaxed.

The Background: Remaining attentive and recognizing the Awareness already present.