



Yoga Nidra Script Released for Healers and Yoga Teachers to Guide Clients in Yoga Nidra Relaxation

Touching Bliss, a yoga nidra script available as a PDF download, gives yoga nidra instructions that anyone can use to relieve stress and have a profound meditation experience.

Dec. 7, 2010 - [PRLog](#) -- A yoga nidra script called "Touching Bliss" was recently released as a PDF download by Kripalu Yoga teacher David Morgan.

According to the website, "This yoga nidra script is easy to follow and is perfect for beginner, intermediate and advanced yoga nidra practice. It explains the basics of yoga nidra in plain language, then guides practitioners through every stage of the practice."

Though yoga nidra is most often used for deep relaxation, it is actually a form of meditation from the yoga tradition. It has its roots in tantric texts, and the most common form of yoga nidra comes from a series of guided meditation techniques synthesized by Paramahansa Satyananda Saraswati from the ancient practices.

"Touching Bliss" explains the essence of yoga nidra, and gives clear yoga nidra instructions. Yoga teachers and other healers will be able to easily guide their students and clients through the yoga nidra techniques simply by reading the script.

Many practitioners of yoga nidra report that reading a script into a voice recorder and playing it back later is helpful, because they receive the yoga nidra instructions in their own voice.

The yoga nidra script download is available at
<http://www.newmoonyoga.com/yoga-nidra-script-download-688>

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Yoga products and services include resources for yoga teachers and students, yoga teacher training, yoga nidra training, and workshops and retreats.

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