

Yoga Nidra: Sample Rotations of Consciousness:

Below are two of the most commonly used rotations.

You can guide people in many different ways while following these rotations.

A few examples are:

- to briefly rest their awareness on each part of the body;
- to repeat the name of the body part to themselves;
- to welcome each part of their body;
- imagine a light shining on each part etc.

Remember you can go through this quickly or slowly, experiment and find what works for you :).

Satyananda style:

Become aware of the right hand thumb... second finger... third finger... fourth finger... fifth finger... palm of the hand... become aware of your palm... back of the hand... the wrist... the lower arm...the elbow... the upper arm... the shoulder... the armpit... the right waist... the right hip... the right thigh... the kneecap...back of the knee...the calf... the ankle... the heel... the sole of the right foot... the top of the foot... the big toe... second toe... third toe... fourth toe... fifth toe...

(left side) Become aware of the left hand thumb... second finger... third finger... fourth finger... fifth finger... palm of the hand... back of the hand... the wrist... the lower arm... the elbow... the upper arm... the shoulder... the armpit... the left waist... the left hip... the left thigh, the kneecap, the calf muscle, the ankle, the heel, the sole of the left foot, the top of the foot, the big toe, second toe, third toe, fourth toe, fifth toe...

Now to the back. Become aware of the right shoulder-blade... the left shoulder blade... the right buttock... the left buttock... the spine... the whole back together...

Now go to the top of the head. The top of the head... the forehead... both sides of the head... the right eyebrow...the left eyebrow... the space between the eyebrows... the right eyelid... the left eyelid... the right eye... the left eye... the right ear... the left ear... the right cheek... the left cheek... the nose... the tip of the nose... the upper lip... the lower lip... the chin... the throat... the right chest... the left chest... the middle of the chest... the navel... the abdomen...

(major parts) The whole of the right leg... the whole of the left leg... both legs together, The whole of the right arm... the whole of the left arm... both arms together.

The whole of the back, buttocks, spine, shoulder-blades... the whole of the front, abdomen, chest... the whole of the back and front... together... the whole of the head... the whole body together... the whole body together... the whole body together. ;

Himalayan Institute, 61 point rotation (based on marma points)

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Forehead, throat

Right shoulder, right elbow, right wrist, tip of right thumb, tip of right index finger, tip of right middle finger, tip of right ring finger, tip of right little finger, right wrist, right elbow, right shoulder, throat

Left shoulder, left elbow, left wrist, tip of left thumb, tip of left index finger,

tip of left middle finger, tip of left ring finger, tip of left little finger, left wrist,
left elbow, left shoulder

Throat, space between the breasts, right breast, space between the
breasts, left breast, space between the breasts, navel, lower abdomen

Right hip, right knee, right ankle, tip of the right big toe, tip of the right
second toe, tip of the right middle toe, tip of the right fourth toe, tip of the
right little toe, right ankle, right knee, right hip, lower abdomen

Left hip, left knee, left ankle, tip of the left big toe, tip of the left second toe,
tip of the left middle toe, tip of the left fourth toe, tip of the left little toe, left
ankle, left knee, left hip

Lower abdomen, navel, space between the breasts, throat, forehead

(from <http://www.swamij.com/online61.htm>)