



श्रीलाल

Yoga Nidra



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If consciousness can be separated from external awareness and from sleep, it becomes very powerful and can be applied in many ways, for example, to develop the memory, increase knowledge and creativity, or transform one's nature.

Swami Satyananda Saraswati



The Offering



Shrimath Yoga Nidra is a 9-level system created by Krishna, practiced in 50 countries as of July 2026. Participants understand the neuroscience behind Yoga Nidra along with principles from Yoga-Vedanta and Tantra.

A mandatory 21-day daily practice helps participants realize the benefits before the end of the studies.

Residential Campus

Shrimath Yoga, established in 2011 has earned a 'Certificate of Excellence', 'Hall of Fame' and 'Traveler's Choice' since 2014 from international travel portal TripAdvisor.

Its alumni are spread across 50 countries as of July 2026 and **Shrimath** aims to establish itself as **centre of excellence in traditional Yoga**.



www.shrimathyoga.com

Shrimath is an Associate Centre of



The **Indian Yoga Association (IYA)** is a pioneering initiative to unite India's diverse and rich Yoga traditions under one umbrella, with the vision of protecting, preserving, and sharing the authentic tradition of Yoga as India's timeless gift for the health, harmony, and well-being of humanity.

www.yogaiya.in



Yoga Alliance International (YAI) is a network of dedicated, like-minded people and institutions devoted to the cause of authentic Yoga. Inspired by Sri Aurobindo and the Mother of Pondicherry, YAI was founded by Swami Vidyanand with Sri KM Chandrasekaran as its Organising Director.

www.yogaalliance.in



The **Foundation for Indic Wisdom**, founded in 2025 as section 8 company, aims to promote ancient Indian knowledge system by highlighting its relevance through the applications today. It is the accreditation body for **Shrimath Yoga Nidra™** and Coachness™

www.indicwisdom.org



Shrimath Yoga Nidra is approved as YACEP (Yoga Alliance Continuous Education Program) by Yoga Alliance (US).

*Yoga Nidra is not a state of unconsciousness,
but rather a state of heightened awareness
and relaxation, allowing one to be fully present
while in a deep state of rest.*

Swami Rama of the Himalayas



Introduction: Yoga Nidra

Yoga Nidra is an ancient Tantra practice, redesigned to suit the needs of today. It was brought to light by *Swami Satyananda Saraswati* of Bihar School of Yoga and *Swami Rama of the Himalayas*.

Since 1970s, it's efficacy is being scientifically studied, with the start being made by the likes of The Menninger Foundation (USA) and others.

The top 3 tangible benefits for a beginner are: conscious relaxation, stress reduction and desire manifestation.

Improved health, deeper meditative states and clarity on one's purpose of life emerges for the regular practitioners.

Through **Shrimath Yoga Nidra**, participants learn principles and processes from Yoga-Vedanta and Tantra, apart from the neuroscience behind it.

The mandatory 21 Day daily practice that we emphasise, enables the benefits to be realised much before the end of the studies.

To conclude, Swami Satyananda and other Masters clearly mention that a Pratyahara practice like Yoga Nidra is the first step towards Samadhi (transcendence) and **Shrimath Yoga Nidra** is proud to enable the same.

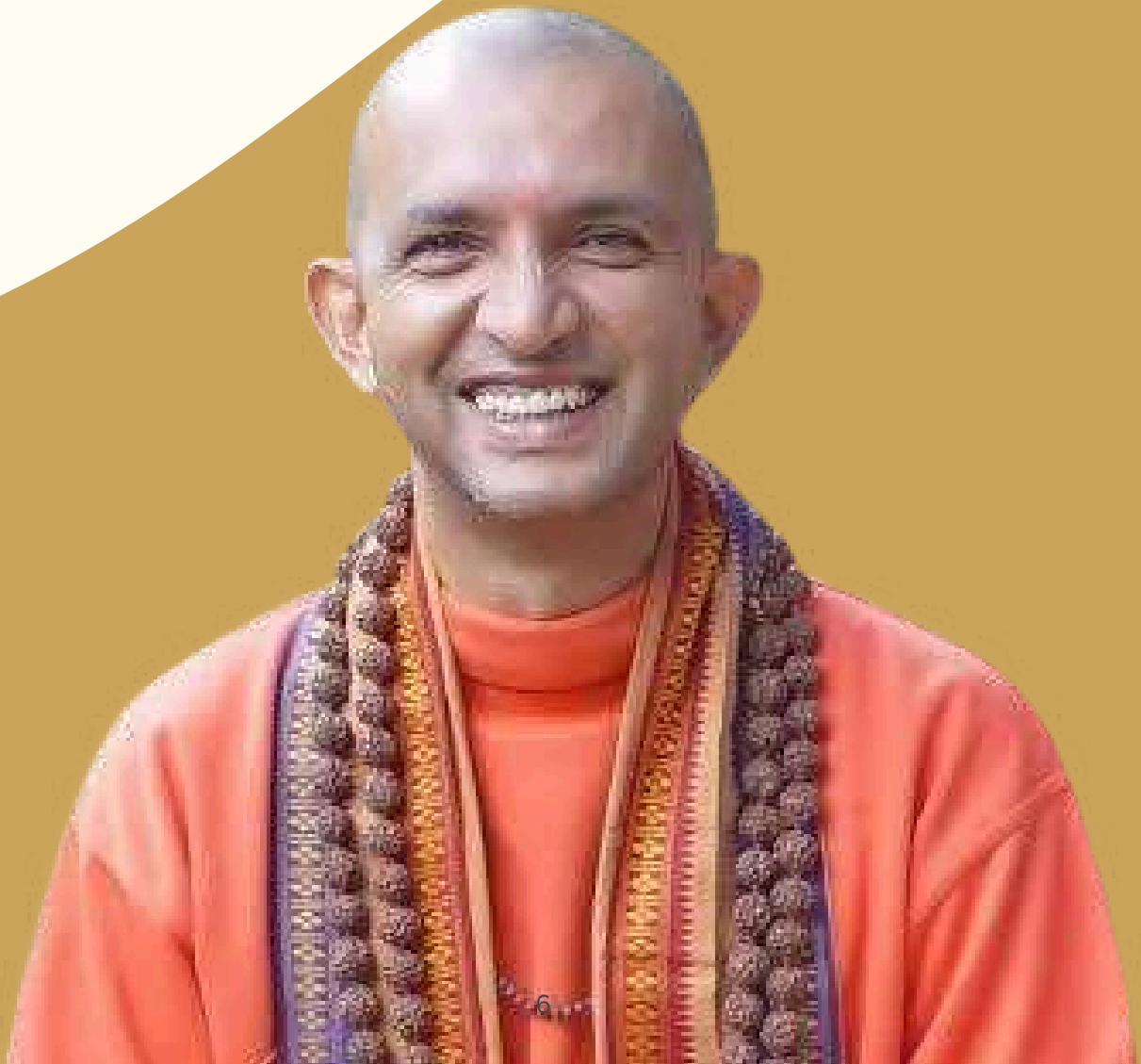




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Yoga Nidra is an essential stage which prepares the mind by inducing relaxation and awareness.

Swami Niranjanananda



Top 7 Benefits



1. Conscious Relaxation

Yoga Nidra helps restore balance between professional and personal life by helping to get clarity on priorities.

10% improvement in cognitive processing speed

2. Deep Sleep

With regular practice, it improves sleep quality, enhances healing and renews your energy. Short practice prevents work-related burnout and fatigue.

Reduce night time wakefulness by 15 to 20 minutes

3. Stress Reduction

Yoga Nidra dissolves deep layers of emotional, mental and physical tensions. Studies, including those from IIT Delhi, show its role in stress relief.

40% overall stress reduction

4. Manifestation

By accessing the subconscious, Yoga Nidra activates inner potential. Consistent practice helps manifest legitimate desires.

Yoga Nidra activates your brain's Reticular Activating System

5. Meditation

Yoga Nidra serves as a doorway, gently guiding the mind inward. It creates the stillness needed to deepen meditative practice.

Lowers anxiety levels by 40 to 60% after 4 weeks of practice

6. Sacred Sauce

Leaders, coaches, and teachers gain clarity, empathy, and presence. It is the subtle ingredient that elevates both life and work.

Yoga Nidra reduces amygdala activation

7. Improved Quality of Life

Situations and people cannot be changed but Yoga Nidra helps to cultivate mindfulness, calmness, and resilience to handle everything eventually.

45 to 50% reduction in insomnia severity

Testimonials

Yoga Nidra, or Yogic Sleep, is a guided practice that explores different layers of awareness and encourages the repetition of a personal resolve (Sankalpa) to manifest wishes.

I completed my Yoga Nidra course and **after three weeks of practice, I achieved my personal health-related resolve.** If well-being interests you, this could be an excellent starting point.



Yogesh Haribhau Kulkarni

AI Advisor



Archana Chhatre

Professional Certified Coach (ICF-PCC)

Yoga Nidra isn't magic, but it offers a transformative experience. It helps individuals connect deeply with themselves, an experience many may not have had before.

After trying it for the first time in December 2023, during a challenging period as a new coach and entrepreneur, I noticed significant changes in my sleep, feelings, and overall functioning after just one session.

I have always believed in personal transformation, but experiencing Yoga Nidra (level 4) with Krishna at Shrimath Yoga was transformative. From the first session, I felt deeper sleep, improved focus, and mental clarity.

Krishna's hands-on teaching style immerses you in practice, allowing real-world application of Yoga Nidra's benefits. For leaders making impactful decisions, this practice offers enhanced balance, clarity, and creativity.



Rajesh Kanna Raman

Strategic Growth Leader



Linda Ananda

HR Manager

Wholeheartedly recommend Shrimath as the Ashram in which each moment is the manifestation of Here and Now. **The holy place in which you can relax and just be,** All the needs are taken care here with pure love and all-pervading peace.

Thank you for founding and maintaining beautifully this heaven-in-earth place, where Oneness is vibrating alive. Thank you for your presence, open hearts, kindness, wisdom, passion, dedication, contribution and professionalism.

Free Course

Scan the QR to complete our FREE course on **Tapping Grace through Yoga Nidra** and receive a certificate.



Jaicy Joseph
Head of Delivery



To me Yoga Nidra allows in accessing a place within ourselves that is not always easy to access when we are busy. **With the continued practice, it gets easier to be more in the moment** and build something that is not like fast fashion but something meaningful and sustainable to leave behind for us and others.

Krishna's living tradition and collaboration allows for a practice that is relevant to what folks experience day-to-day.

Foundation Course

- Introduction to Yoga Nidra
- Historical Roots of Yoga Nidra
- Exploring how Yoga Nidra fits into the broader Yogic framework
- Notable figures in the development and popularization of Yoga Nidra
- Understanding Yoga Nidra's relevance today
- Brain waves and DMN (Default Mode Network)



Know more



Srikanthan Kumarasamy
Coaching Supervision & ICF MCC



I recently completed a 27 day Yoga Nidra course and am impressed with the results. The course enhanced my sleep quality significantly, allowing for deeper and more restorative rest.

I highly recommend it for anyone seeking to improve sleep, self-awareness, and mental focus, as it has been transformative for me.

Resources



Scan the QR code



List of Resources

1. **A peep into Yoga Nidra:** Session with G14QC (A global network of IIT alumnus)
2. **Combatting Stress and Anxiety through Yoga Nidra:** Times of India
3. **Practising the Art of Deep Rest:** 'The Zen India' Podcast
4. **Introduction to the roots of Yoga Nidra:** Yoga.in Blog
5. **What is Yoga Nidra:** 'Inspire Someone Today' Podcast
6. **Tapping Grace through Yoga Nidra:** Booklet
7. **An introduction to Yoga Nidra:** at Indian Yoga Association
8. **Introduction to Garbha Samskara:** for AYG Academy
9. **Yoga Nidra for Stress-free Ageing:** for Indian Yoga Association
10. **Yoga Nidra for Women:** at Indic Talks
11. **An overview of Yoga Nidra:** for other masters at Leela Life

Course Outline - Intermediate

Session 1: Introduction to Yoga Nidra

Historical Roots of Yoga Nidra

Exploring how Yoga Nidra fits into the broader Yogic framework

Notable figures in the development and popularization of Yoga Nidra

Understanding Yoga Nidra's relevance today

Introduction to Purushartha (valid goals of life)

Practice

- Listing desires
- Yoga Nidra Level 1

Session 2: The Science Behind Yoga Nidra

Uncovering the different types of brain waves, their functions, and harnessing them

Yoga Nidra's impact on the brain and mind

Role of Brahmari in Yoga Nidra

Practices

- Listing and classifying desires
- Brahmari
- Yoga Nidra - Level 2

Session 3: Mind, Breath, and Inner Silence

Understanding Mind as per Yoga-Vedanta

Understanding and working with brain's DeMoN (Default Mode Network)

Mind-breath connection

Introduction to Inner Silence stage 1, a technique to establish stillness within

Practices

- Brahmari
- Inner Silence - Stage 1
- Yoga Nidra - Level 2

Session 4: Yoga Nidra vs. Other Approaches

Distinguishing Yoga Nidra from Psychotherapy, Counseling other interventions

What is a resolve (& how its different from affirmation)

Establishing health as the primary resolve

Neuroscience view of resolve and desire manifestation

Practices

- Inner Silence - Stage 1
- Yoga Nidra - Level 3

Session 5: Exploring Koshas and Well-being

Introduction to Upanishadic Koshas (Sheaths)

The Impact of Health Across the Sheaths

Yoga Nidra Levels mapped to Koshas

Introduction to Mantra Meditation

Practices

- Inner Silence - Level 1
- Yoga Nidra - Level 3

Session 6: Recap, Deepening, and Personal Practice

Summarizing the Previous Sessions

Addressing Questions

The Value of Regular Practice

Enhancing the Experience (Personal Recording of Instructions)

Practices

- Inner Silence - Level 1
- Mantra Meditation
- Yoga Nidra - Level 3

Day 7 to 27 - Practice Sessions: Brahmari, Mantra Japa followed by Yoga Nidra level 4.

Shrimath Yoga Nidra Immersion at Kainchi Dham, Kakrighat and Kasar Devi



Day 1- Kainchi Dham
(Arrival at the Foothills
& Devotion)

Days 3/4 - Kasar Devi
(The Cosmic Energy Zone)

Day 0 - Delhi
(Disconnecting
from the noise)

Day 2 - Kakrighat
(Nature as Container)

Day 5 -
Your Home



Know
more

Post program (mandatory) 21 day Sessions:
Daily | 60m | Live on zoom

Pranayama, Mindfulness & Shrimath Yoga
Nidra sessions.

About Shrimath Yoga Nidra Research



[GI4QC](#), a research group founded by IIT alumni and dedicated to rediscovering and applying elements of Ancient Knowledge Systems (AKS) to address modern scientific and natural mysteries, has initiated a [collaboration](#) between [Foundation for Indic Wisdom](#), [Shrimath Yoga Nidra](#) and [Sharda University](#).

In 2026, with this pioneering scientific research partnership we will conduct an fMRI-based study to examine how the Shrimath Yoga Nidra practice impacts students in the 18 to 25 age group, with a focus on brain function, emotional regulation, and cognitive wellbeing.



My most important insight was that we can only lead people to states that we have experienced ourselves. Simply reading the script for a session is not enough. **One must have the awareness that comes from deep and honest experience.**

I cannot imagine a better setting for this learning. Surrounded by forest full of birds and a field where sheep and cows quietly grazed, I was able to sink into the peace and stillness in a way that I have never felt in my hectic American lifestyle.



Harriett Nettles
Human Rights Specialist



Ganesh Jatadaran
Lead - Process Excellence &
ESG at Everest Fleet

I completed a 27-day Yoga Nidra course with Shri Krishna Prakash, which was **well-structured: 6 days of concepts followed by 21 days of practice.**

The course, rooted in Vedic traditions, helped me understand and manage my mind, thoughts, and emotions. This is just the beginning for me, and I look forward to further learning and practice!

I'm deeply grateful to Krishna ji, his compassionate guidance and calming presence created a safe space for healing. His voice, his intention, and his care made a difference when I needed it most. Thank you for sharing this gift- it truly helped me find peace.

As people say - our passions, interests, and even our deepest inquiries are often awakened and guided by the presence of a right guru. I definitely now understand the truth in that.



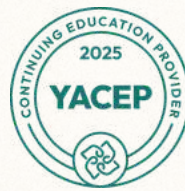
Arvind Katta
Assistant VP - Enterprise Quality
Assurance at Primerica



Dr. Ashok Rijhwani
Consultant in Paediatric Surgery
and Paediatric Urology,

My meeting with Krishna was destiny, in my opinion. I felt a complete peace and calm, as he asked me to wait for a few minutes while he was taking class for someone else.

He then patiently explained to me about the course and I signed up on the spot. **The course covered all aspects of true values in life and work, with asanas and postures were one but an important part of it.**



PRINCIPAL TEACHER

Krishna Prakash

Founder, Shrimath Yoga
E-RYT500 (Yoga Alliance) | MSc (Yoga) | Yoga
Adhyapak (Bihar School of Yoga -2009) | ICF ACC

Krishna Prakash and Smrithi Krishna established Shrimath Yoga in 2011. Built on the traditional gurukul model, Shrimath is globally recognized as a Yoga-Vedanta based life school with students and clients across 48 countries.

Shrimath has 2 world-first achievements:

(1) the only Yoga School to have received all major recognitions from TripAdvisor, including Traveller's Choice 2020, Hall of Fame 2019, and the Certificate of Excellence for 10 consecutive years.

(2) to be approved by Yoga Alliance International and Foundation for Indic Wisdom to offer teacher training in Yoga Nidra.

Since 2023, Shrimath's courses on Yoga & Yoga Nidra are certified by Foundation for Indic Wisdom to train teachers worldwide to integrate traditional wisdom with breakthroughs in neurosciences.

Krishna is a Lifetime Member of the Indian Yoga Association (IYA), conceived by eminent Yogacharya B.K.S. Iyengar with Sri Sri Ravi Shankar, Sadhguru Jaggi Vasudev Swami Ramdev, and others.

He has been a Keynote Speaker on Yoga Nidra, Antar Mouna and other deeper aspects of Yoga at various platforms and was invited in 2023 to present at the first International Conference on Yoga organised by IYA at Dev Sanskriti Vishwavidyalaya, Haridwar.

His blog on Yoga Nidra and stress management was published in both Times of India and Economic Times.

Krishna holds a 'World Record in Stress Management and Yoga Nidra' for the largest virtual session conducted.

How to Register

Scan the QR code



The sessions get deeper and wider based on the participation.

So, we recommend our participants to **repeat the course free of cost for the second time** to internalise the concepts and experience the benefits completely.

To Contact or Collaborate



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