

## Testimonials

The experience speaks beyond words.

Explore how others have described their AYN journey:



## Devi Mohan on the effect of Awakening Yoga Nidra

*"Again and again, I witness people emerging from these sessions in a quiet awe, speechless, deeply moved, and touched by the intensity of their inner journey and the grace they have encountered."*

### Invitation

Words are often insufficient. Awakening Yoga Nidra is a call that only one's heart can answer.

Allow yourself to enter this space within, to **rest**, to **release** and to **remember**.

To join an Awakening Yoga Nidra session, connect with:

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Mohanji



AWAKENING  
**Yoga Nidra**

Mohanji



**Awakening Yoga Nidra (AYN)** is a guided journey into the state of conscious yogic sleep, a profoundly restorative practice that gently leads the body into complete relaxation while the mind remains aware and receptive. In this alpha state of consciousness, the inner landscape becomes vivid, accessible and ready for transformation.

Rooted in the ancient science of Yoga Nidra, this method supports deep cleansing, balancing, and nervous system reset

## The Inner Journey

In a deeply relaxed yet aware state, often experienced like a vivid inner “3D journey”, the senses turn inward.

You remain gently aware of your body resting in stillness, while at the same time entering a rich inner experience. This is not hypnosis. Awareness is never lost. Instead, it continues to expand.

As the process unfolds, the unconscious begins to release what is ready to be seen, felt, and integrated. Nothing is forced.

## What AYN Awakens

- A stable connection to the inner witness (*sakshibhav*), enhancing one’s ability to remain centered during challenging moments
- Emotional release and integration at a deep level
- Alignment between body, mind and subtle energy
- Activation of intuitive clarity and inner guidance
- A profound sense of inner peace and expansion

## Who Is It For

This practice is accessible to all — regardless of age, experience, or physical condition. No prior preparation is needed. Only a willingness to rest, receive, and explore within.

## Integration and Transformation

Awakening Yoga Nidra supports self-healing on all levels.

It harmonizes the left and right hemispheres of the brain, regulates the nervous system, and allows deeply held patterns, including some of the ancestral imprints, to gradually dissolve.

Even a brief glimpse of the thought-free state (often referred to as *turiya*, or the state beyond mind) can leave a lasting imprint. Many emerge from the session feeling renewed, clear, and deeply aligned, feeling from within that something fundamental has shifted.

There is often a sense of being gently “reborn” into a lighter, more authentic experience of reality.

