

Year of Yoga Nidras



Welcome!

I'm so glad you found this,

Here is your **12 month Yoga Nidra Theme Guide** featuring paired themes for each month—an ideal printable or download for your digital device designed to help you develop bespoke Yoga Nidra sessions for your students. **Did you know that you can get the benefits of Yoga Nidra in just 11 minutes?** So you can feel confident ditching the epic yogic sleep voyages (unless that's what you love) and get right to the good stuff.

Each month has a **core theme + an alternate or paired theme**, giving you flexibility across years, seasons, or different teaching cycles. I've crafted a Sankalpa for each as well, reflecting your calming, empowering tone.

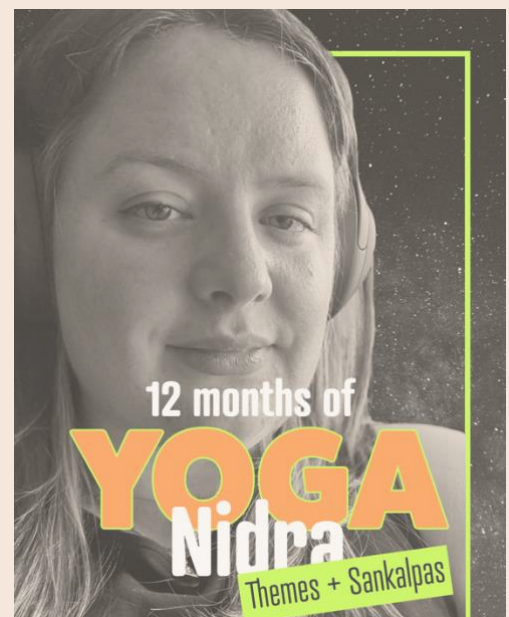
If you would like some more guidance you can find information about my full length [Yoga Nidra teacher training here](#). There's a freebie that takes you from Savasana to Yoga Nidra in just 15 minutes. Or you might want to buy a full years' worth of Yoga Nidra Scripts with my [Seasonal Yoga Nidra Bundle here](#). Inside you will find a plethora of resources to help you guide your students into restful Yoga Nidra practices with confidence.

Enjoy,

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Month	Theme	Sankalpa
January	New Shoots	"I grow with ease and purpose."
February	Self-Trust	"I trust myself deeply and honour my inner compass."
March	Renewal	"I embrace the cycle of constant renewal within me."
April	Awakening	"Each moment brings fresh awareness. I am waking up to what matters."
May	Deepest Intentions	"Each action I choose consciously brings me closer to realising my deepest intentions."
June	Belonging	"I belong here. I am whole, just as I am."
July	Enjoy It	"I embrace joy in every moment of my life."
August	Release	"With each breath, I let go of what I no longer need."
September	Go Within	"I trust the wisdom within."
October	Sacred Pause	"In stillness, I remember who I am."
November	Rooting	"I trust the roots of my own foundation."
December	Integration	"All that I've experienced is settling into deep knowing."