



Rod Stryker: Enlightened Sleep



Rod Stryker, the founder of ParaYoga® is a world-renowned yoga and meditation teacher, and author of the book *The Four Desires: Creating a Life of Happiness, Prosperity and Freedom*. His online offerings include one of the most comprehensive yoga training programs in the world and the app Sanctuary, for those wanting to experience guided meditation and yoga nidra, also known as Enlightened Sleep. Learn about what yoga nidra is, why it works and how to use it in a practical or spiritual practice.

TOP EMBODIMENT TIP: God is still in the building, it's a crowded panic-filled building, but if you slow down you can see the truth.

Yoga Nidra: What is it?

- Yoga nidra is a transcendent sleep. It suggests that **in sleep we can also be aware**.
- This practice has been around for 1,300-1,400 years despite some saying it's a new process
- Because of limitations of our perception, we do not encounter reality. All of the ups and downs we go through in our life is a dream in both the waking and dreaming states.
- Yoga nidra is a deep state of sleep of which we become awakened, the fourth state, **a complete unification of the observer and the observed**.
- Meditation is cutting through all of distractions whereas yoga nidra is letting go of all identification.
- There are 4 levels of yoga nidra: relaxation, ideation/imagination, conscious negation (yoga nidra begins at level 3), beyond feeling, beyond emotion and beyond any ideas of concept.

Practice: How to Stay Aware

- Human beings are tired so the potential to fall asleep is great
- Put your elbow on the floor vertical while lying down, if you fall asleep, the hand will drop and will remind you to stay aware
- Feel free to lie down or sit in a lounge chair, eyes closed

Resources

- ❖ **Book:** *The Four Desires: Creating a Life of Happiness, Prosperity and Freedom*
- ❖ **Courses:** [Sanctuary with Rod Stryker](#) - App on Google Play
- ❖ **Website:** parayoga.com
- ❖ **Instagram:** [@yogaruparodstryker](#)
- ❖ **Facebook:** [Rod Stryker](#)
- ❖ **References:** [The Luminescent Blog](#)



All Yoga Presentations are Proudly Sponsored by Leslie Kaminoff, YogaAnatomy.net



YOGAAnatomy.net

Leslie Kaminoff, co-author of the bestselling book “Yoga Anatomy” is a yoga educator and internationally recognized specialist with over four decades’ experience in the fields of yoga, breath, anatomy and bodywork. His approach to teaching combines intellectual rigor, spontaneity and humor, and is always evolving.

YogaAnatomy.net is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and YogaAnatomy.net has become the go-to resource for Teacher Trainers planning a YTT, and advanced teachers who want to deepen their knowledge and transform their teaching.

Kaminoff & the entire team at YogaAnatomy.net are thrilled to be sponsoring the Yoga Channel for The Embodiment Conference. To celebrate, they're offering each attendee free access to a Home Workshop Series, where you'll focus on the intersection of embodiment, breath, and your mind. Plus, you're eligible for a \$1,000 USD scholarship towards working directly with Leslie in one of his professional training courses. [Click here](#) for scholarship details and immediate access to the workshop.

Interested in securing **LIFETIME ACCESS** to the Embodiment Conference?

				
Recordings	Cheat notes	Bookmarks	Learning lists	Recommendations
Lifetime access to sessions to watch as you please. Video and audio-only options.	Notes on each session to highlight key takeaways and fast-track your learning.	Bookmark your favourite tools to jump back whenever you need them.	Bite-size lists to help structure and guide your learning.	Find new teachers and discover topics personalised to your tastes.

Get lifetime access now