

Divine Sleep® Yoga Nidra is a form of meditation and transformation whose roots are grounded in the wide and deep field of yogic tradition found in yogic texts, philosophy and psychology.

The framework of Divine Sleep® Yoga Nidra is based on the yogic model of the koshas, which represents each layer or sheath of our being -- physical, energetic, emotional, mental, intuitive, and spiritual self.

Divine Sleep® is a process that gives us an experience of knowing and becoming aware of each kosha in order to move consecutively to the next kosha, from gross to subtle, to the deepest place within ourselves, called Brahman, our true Self.