

Basic 5–10 Minute Yoga Nidra Script for Addiction Counselors

[Remember to pause and breathe between cues]

Before we begin, remember that you are always in control of your experience. Everything I offer is an invitation, not a requirement. You may sit or lie down, keep your eyes open or closed, and move or adjust at any time.

If focusing inward becomes uncomfortable, you can open your eyes, look around the room, or notice the support beneath you.

There is nothing you need to accomplish. Your mind may wander, you may relax deeply, or you may even fall asleep. All of that is okay.

Allow yourself to fidget, stretch, or adjust so that you can rest comfortably.

Feel the surface beneath you supporting the weight of your body.

Take a slow breath in... and a comfortable breath out.

Allow yourself to arrive here, in this moment.

Choose a simple intention or affirmation focused on something you would like to strengthen within yourself.

Perhaps: *I am safe. I am capable. I am grounded. I am at peace.*

Silently repeat your intention three times.

Bring your awareness to the base of your spine and the places where your body connects with the ground beneath you.

Now bring your awareness into your right leg.

Notice your right hip... thigh... knee... calf... ankle... heel... the sole of your foot... and each of your toes.

Allow your entire right leg to become heavy.

Let the muscles soften and release until the entire right leg feels as though it could melt into the ground beneath you.

Now bring your awareness to your left leg.

Notice the left hip... thigh... knee... calf... ankle... heel... sole of the foot... and toes.

Allow the left leg to become heavy... soft... completely supported.

Let the entire left leg melt into the ground.

Now feel both legs together.

Notice them feel so relaxed and heavy...

And then begin to imagine the opposite sensation.

Both legs becoming light... effortless... almost as though they could float.

Bring your awareness back to the base of your spine and begin traveling upward.

Notice your pelvis... lower abdomen... belly... lower back... ribs... chest... and upper back.

Feel the movement of your breath through the center of your body.

With each exhale, allow your abdomen and torso to become heavy and soft.

Feel your entire torso sinking... melting into the support beneath you.

Now that you can feel your abdomen entirely relaxed, feel your abdomen and chest becoming light... open... effortless.

As though your breath could gently lift your body from within.

Bring your awareness into your right shoulder.

Notice your upper arm... elbow... forearm... wrist... palm... fingers... and thumb.

Allow the entire right arm to become heavy and relaxed, melting into the ground.

Now move to your left shoulder... upper arm... elbow... forearm... wrist... palm... fingers... and thumb.

Allow the left arm to become heavy and completely supported.

Feel both arms together.

Heavy...

Relaxed...

And now light and effortless, almost as though they could float.

Bring your awareness into your neck and throat.

Notice the back of your neck... jaw... mouth... cheeks... ears... eyes... forehead... the back of your head... and the crown of your head.

Allow your jaw to soften.

Let the muscles around your eyes and forehead release.

Feel the weight of your head becoming heavy, completely supported by the surface beneath you.

Imagine the neck and head melting into that support.

And then notice the opposite sensation...

Your head becoming light... spacious... effortless.

Now feel your entire body at once.

Your legs... torso... arms... neck... and head.

Notice the sensation of being completely supported and heavy.

And then imagine your whole body becoming light and effortless.

Rest here.

[Allow 1–2 minutes of silence.]

Bring your intention back into your awareness.

Silently repeat it three times.

Begin noticing the sounds around you... the room... and the surface beneath your body.

Take a deeper breath.

Begin moving your fingers and toes. Stretch or move in whatever way feels comfortable.

When you're ready, gently open your eyes and find something still in the room to look at.

Take your time returning, carrying your intention with you as you move forward.

Facilitator Tip: Go slower than feels natural. You don't need to fill every moment with words. The pauses are part of the intervention. For a 5-minute practice, keep the pauses brief; for 10 minutes, allow considerably more silence during the body scan and rest portion.