Hi there and welcome to this yoga Nidra for anxiety. Within this meditation that will last about half an hour, we will incorporate the body a bit. This will make sure that we loosen all the tension that our body has built up during the past days, weeks or even months.

To begin, make sure that you can't be disturbed. Turn your phone on airplane mode and be sure that you're not going to be interrupted during the next 30 minutes.

When you are ready, go and lie on your back. You can do this exercise in bed, on your sofa or a yoga mat. Make sure that you cover yourself with a blanket or that the room temperature is warm enough. When you lie down for a while, your body will cool down significantly.

Now, we will begin with our meditation. Close down your eyes. Start listening to all the sounds around you. Widen your hearing. Listen to the noises outside of the room. Maybe you can hear some cars or birds. Or even pedestrians on the sidewalk. Listen to them without making a judgment. Just observe all the sounds. Don't put any label on them. They're just there.

Next, bring your attention closer to you. Keep your awareness in the room now. Listen to the sounds in the room. Maybe you can hear a clock ticking, maybe the sound of the radiator. It can be anything. Or nothing at all. Don't force anything, let it just be. Again, try not to label the things you are hearing. You are just observing, and nothing more.

Finally, bring your attention to yourself. Listen to your breathing, listen to your heartbeat. Listen to all subtle movements that your body is making at this moment. Again, make sure that there are no labels. Your breathing is how it should be at this moment, the beat of your heart is how it is right now.

And then, we are going to actively use the breath while we will focus on all body parts. Deepen your breath a bit, make it active. But again, don't force anything. Your breathing should be deep, but you shouldn't feel any strain.

Let's start with the full active body scan.

First, bring your attention to your toes. When you inhale activate all the muscles in your toes. And exhale, release that tension again. (X3)

Bring your attention to your feet. When you inhale activate all the muscles in your feet. And exhale, release that tension again. (X3)

Bring your attention to your legs. When you inhale activate all the muscles in your legs. And exhale, release that tension again. (X3)

Bring your attention to your buttocks. When you inhale activate all the muscles in your buttocks. And exhale, release that tension again. (X3)

Bring your attention to your abdomen. When you inhale activate all the muscles in your abdomen. And exhale, release that tension again. (X3)

Bring your attention to your chest and shoulders. When you inhale activate all the muscles in your chest and shoulders. And exhale, release that tension again. (X3)

Bring your attention to your arms. When you inhale activate all the muscles in your arms. And exhale, release that tension again. (X3)

Bring your attention to your hands and fingers. When you inhale activate all the muscles in your hands and fingers. And exhale, release that tension again. (X3)

Bring your attention to your face. When you inhale, activate all the muscles in your face. Squeeze those muscles as good as you can. You'll make a very funny face now, but that's alright, you are alone and no one can see you. Make the funniest face that you've ever seen. (X3)

And now, for the final step. Activate all the muscles in your body, from toe till head on an inhalation. Tighten them as firmly as you can and release again on an exhalation. (X3)

Bring your awareness back to your body. See if anything has changed. Are you breathing differently now? Or do you feel some changes in your muscles and bones? Just observe them. And then let go of that image.

Your awareness widens again, keeping it in the room. You hear those sounds again that you were hearing before. Gently you are coming back to this world.

Take your time. When you are ready, you can open your eyes again. If you did this exercise before going to sleep, you might want to put yourself in a position that suits your needs at this moment and slowly drift off.

If you are continuing your day. Make sure that you have at least half an hour that you can relax. As if you are just waking up.