



Blue Pea Yoga

Nervous System Recovery Guide

**From survival mode to stillness —
through the wisdom of Yin & Yoga Nidra**

A note before we begin

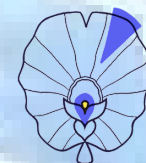
You were not designed to be busy all the time.

Yet somewhere along the way, rest became something you had to earn. Stillness started to feel uncomfortable. And your nervous system, the brilliant, sensitive system that governs everything from your breath to your sense of safety, got stuck in overdrive.

This guide is your invitation back.

It draws on two ancient practices, Yin Yoga and Yoga Nidra, that modern neuroscience now confirms are among the most powerful tools we have for nervous system recovery. Not because they are passive, but because they ask something deceptively challenging of us: to be still, to feel, and to trust.

Work through these practices gently, at your own pace. There is no rush here.



Part One:

Understanding Your Nervous System

Why we get stuck in yang overdrive

In Taoist philosophy, all of life moves between two complementary forces: yang (active, upward, warm, doing) and yin (receptive, downward, cool, being). Neither is better, both are necessary. The problem is that modern life is almost entirely yang. We are rewarded for output, speed, productivity and performance. Rest is seen as laziness. Stillness is seen as stagnation. Over time, this yang overdrive activates the body's stress response, the sympathetic nervous system, and keeps it activated long after the original stressor has passed. This is dysregulation.



Part One:

Understanding Your Nervous System

What dysregulation looks and feels like

- Difficulty switching off, even when you want to rest
- Feeling wired but exhausted
- Tight chest, shallow breathing, a sense of bracing
- Emotional reactivity, big feelings triggered by small things
- A restless mind that won't quiet down
- Feeling disconnected from your body

These are not character flaws. They are signs that your nervous system is working exactly as it was designed, it just hasn't received the signal that it is safe to come home.



Part One:

Understanding Your Nervous System

The role of the vagus nerve

At the heart of nervous system recovery is the vagus nerve, the longest cranial nerve in the body, sometimes called the “wanderer.” It connects your brain to your heart, lungs, gut and beyond, and is the primary pathway of the parasympathetic nervous system (your rest-and-digest state).

Yin Yoga and Yoga Nidra are both potent vagal toners. Long, passive holds in Yin directly stimulate the parasympathetic response. The deep rest state of Yoga Nidra activates the same pathways, while also working at the level of the subconscious mind to release stored tension and trauma.



Part Two:

The Five Recovery Practices

These five practices are drawn directly from the Yin Yoga and Yoga Nidra traditions. Each one works on a different layer of the nervous system. Together, they form a complete toolkit for coming back to calm.



1. Physiological Sigh

Double inhale through the nose, long exhale through the mouth.

Activates the vagus nerve and drops stress hormones almost instantly.

Used at the opening of every Yin & Yoga Nidra session to shift state.

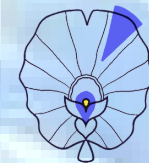


2. Stillness in Sensation

Hold a passive Yin shape (3–5 min) and stay with sensation without reacting.

This rewires the nervous system's threat response over time, the core practice of Yin.

Wu Wei: not forcing, simply being.



Part Two:

The Five Recovery Practices



3. Rotation of Consciousness

Systematically move awareness point by point through the body without physically moving as practised in early stages of Yoga Nidra.

This induces Pratyahara (sense withdrawal), shifting from sympathetic vigilance to deep parasympathetic rest.



4. Humming & Vocal Toning

The vagus nerve passes through the throat.

Humming, extended exhale sounds (“haaa”), or chanting create vibration that directly tones the vagus nerve.

Use at the close of a Yin hold or to open Yoga Nidra



5. Sankalpa (Intention)

A short, present-tense healing intention planted at the threshold between waking and sleeping, during Yoga Nidra.

At this threshold, the conscious resistance is lowered, and the subconscious is highly receptive and deeply held stress patterns can begin to shift.



Signs of Healing:

Sleeping more deeply; Longer pause before reacting; Emotions moving through freely; Feeling safe in stillness; More ease, less efforting



Part Three:

Your Daily Reset Ritual

Rest is approached as something to be learned, embodied, and transmitted with care — not as a passive state or a “nice add-on” to active practices.



2 minutes, Arrive & Breathe

Lie down or sit comfortably. Close your eyes. Take 3 physiological sighs (Practice 1). Feel the weight of your body. You have nowhere to be.



8 minutes, One Yin Shape

Choose one grounding shape: Supported Fish, Butterfly, or Waterfall. Set a gentle timer. Stay. Breathe. If the mind wanders, return to sensation (Practice 2). Hum softly on your exhales if it feels natural (Practice 4).



8 minutes, Short Yoga Nidra

Come into Savasana. State your Sankalpa three times (Practice 5). Slowly rotate awareness through the body, point by point (Practice 3). Rest in stillness. Before you return, repeat your Sankalpa.



2 minutes, Return slowly

Wiggle fingers and toes. Roll to one side. Pause before rising. Notice how you feel, without needing to describe it.



Part Four:

Signs Your Nervous System is Healing

Healing is not always dramatic. In fact, nervous system recovery tends to be quiet, gradual, and easy to miss if you don't know what to look for.

You might notice:

- Sleeping more deeply, or waking feeling rested
- A longer pause between stimulus and reaction, the space where choice lives
- Less efforting in the body during rest
- An increasing capacity to feel pleasure, ease, or joy
- Emotions moving through you more freely, without getting stuck
- A growing sense of safety in stillness
- Feeling at home in your body

In Yoga Nidra philosophy, this is the experience of Turiya beginning to permeate waking life, that stable, witnessing awareness that is no longer swept away by every wave of sensation or thought.

In Taoism, this is Wu Wei embodied: not doing less, but doing from a place of ease rather than effort.



Part Five:

A Note on Deeper Healing

This guide is a beginning, not a destination.

If you carry chronic stress, anxiety, burnout, or a history of trauma, the practices here are supportive, but you may also benefit from working with a somatic therapist, trauma-informed yoga teacher, or other qualified practitioner.

Nervous system healing is not a solo sport. We heal in relationship, in community, in safety with others.

If certain shapes or practices bring up unexpected emotion, that is normal and often a sign that the body is finally finding it safe to release. Go gently. You are allowed to take your time.



Ready to go deeper?

Everything in this guide, the philosophy, the neuroscience, the practice architecture, is what we teach in our Yin & Yoga Nidra Teacher Training.

Our TTC is designed for those who want to do more than just practise these traditions, to understand them deeply enough to guide others back to their own sense of safety.

You'll leave not just as a teacher, but as someone who has done the inner work.



Find out more about our next Teacher Training

→ **Follow us for more Yin & Yoga Nidra inspiration**



With love and stillness,

Neel & Jelix
Blue Pea Yoga

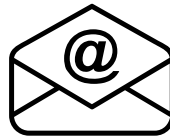


Contact & Bookings

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