



The Rest Ritual for Sensitive Women

A 21 Minute Guided Yoga Nidra
Ritual for Deep Rest +
Reconnection

**Companion Guide
with Jaylyn Bernachi**





WELCOME, DEAR ONE

I'm Jaylyn, founder of Innerswim, and I created this 21 minute Yoga Nidra ritual especially for sensitive women who need a quiet place to rest, turn inward, and reconnect with themselves.

Maybe you've had a full day. Maybe your mind is still busy, your senses feel overloaded, or you simply feel a little far from yourself. You don't need any experience with Yoga Nidra to begin. You don't need to clear your mind, relax perfectly, or have a certain kind of experience.

Yoga Nidra is a guided practice of deep rest and inner listening. Throughout our time together, I'll invite you to get comfortable, soften your attention, and notice what is present within you without needing to change or fix anything.

This companion guide will help you prepare for the ritual, understand what to expect, and reflect on anything you notice afterward.

Come as you are. I'll guide you from there.

With love,
Jaylyn



WHAT IS YOGA NIDRĀ?

Yoga Nidrā, often translated as “yogic sleep,” is a guided practice of conscious rest.

It is usually practiced lying down, with the body comfortable and supported. Rather than trying to empty your mind or concentrate perfectly, you are guided through different layers of your experience while allowing yourself to rest.

During Yoga Nidrā, you may be invited to notice your body, breath, sensations, feelings, imagery, or the quieter movements of your inner world.

You may feel deeply relaxed. You may drift in and out of thought. You may notice very little at all.

There is no single “right” Yoga Nidrā experience.

A PRACTICE OF INNER LISTENING

For me, Yoga Nidrā is more than relaxation. It creates a quiet space to turn your attention away from everything asking for you on the outside and begin listening inwardly again. This can be especially meaningful when you are sensitive, overstimulated, mentally full, or simply craving some space from the noise of everyday life.

Within that quieter space, you can become curious about:

- ✿ what you are feeling
- ✿ what your body is communicating
- ✿ what feels present beneath the mental noise
- ✿ what you may need in this moment
- ✿ any images, sensations, or inner knowing that naturally arise



You don't need to make anything happen. Your only invitation is to rest, listen, and notice.

THE RITUAL

STEP 1

CREATE A COMFORTABLE SPACE

Before we begin, give yourself a few minutes to create a space where you can feel comfortable and undisturbed.

You don't need anything elaborate. The intention is simply to make rest a little easier to receive.

You may want:

- ✿ a yoga mat, bed, or soft surface
- ✿ a pillow beneath your head or knees
- ✿ a blanket to keep you warm
- ✿ an eye pillow or something soft to cover your eyes
- ✿ headphones, if they help you settle into the audio



STEP 2

LET YOURSELF ARRIVE

There is nothing you need to accomplish during this practice. Your mind may become quiet, or it may stay active. You may feel deeply relaxed, restless, emotional, sleepy, curious, or simply present. All of it is welcome.

If you become uncomfortable at any point, you can adjust your position, open your eyes, pause the recording, or stop completely.

Let this practice meet you exactly where you are today.

When you're ready, get comfortable, press play, and allow my voice to guide you inward.

STEP 3

YOUR PRACTICE

You're ready.

Find a comfortable place to lie down, settle your body, and give yourself these next 21 minutes without needing to do anything else.

When you press play, I'll guide you from there.

Listen Now:

THE REST RITUAL FOR SENSITIVE WOMEN
A 21 Minute Guided Yoga Nidrā Ritual

or scan the QR code below



There is nowhere else you need to be right now.

Take one slow breath.

Get comfortable.

And when you're ready, press play.

With love,

Jaylyn

REFLECTIONS



Take your time coming back.
Before moving into the next part of your day, notice how you feel
now compared with when you began.

If it feels supportive, sit with one or two of these questions:

- ✧ What am I noticing in myself right now?
- ✧ Was there a feeling, sensation, image, or moment that stayed with
me?
- ✧ What does my body seem to be asking for next?

You can write something down, sit quietly for another moment, or
simply let the practice be complete.

GRATITUDE & INTEGRATION

Yoga Nidrā is a journey inward, and each session may feel different. Honour whatever arises for you today.

If you enjoyed this ritual, consider making Yoga Nidrā a regular part of your routine. Maybe you'll practice daily, weekly, or even monthly. Overtime, you will notice positive shifts in your body and mind that encourage you to continue connecting with yourself in this way.

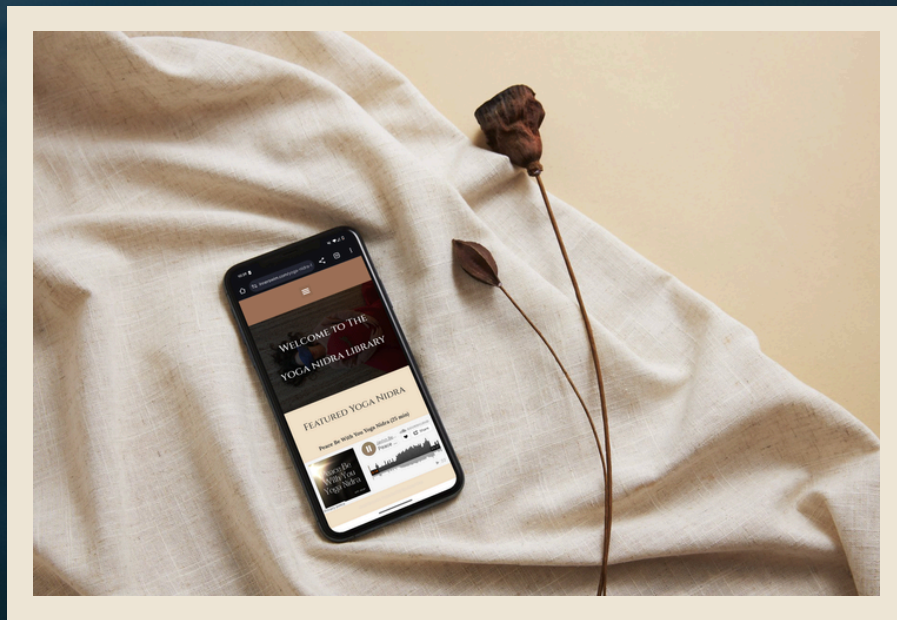
THANK YOU FOR
WISELY CHOOSING TO REST.



CONTINUE THE REST RITUAL

JOIN THE INNERSWIM
YOGA NIDRĀ LIBRARY

FREE FOR 7 DAYS



Inside, you'll find a growing collection of Yoga Nidra practices for different moods, moments, and inner seasons.

There is no schedule to follow and nothing to keep up with. Notice what you need. Choose a practice. Let me guide you from there.

[CLICK HERE: START YOUR FREE TRIAL](#)

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FOR SENSITIVE AND INTUITIVE WOMEN

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