

## Comparing Traditional Yoga Nidra and iRest -- Particularly vis a vis Trauma

Feature	Traditional Yoga Nidra	iRest Yoga Nidra
1. Cultural Valence vs. Cultural Sensitivity	Yoga Nidra is a meditative practice whose roots grow from a 4000 year old Indian culture and the language of Sanskrit.	iRest has been completely secularized , cleansed of its ancient cultural valence and language in order to make it easily accessible to mainstream US populations.
2. Spiritual Meditation vs. Therapeutic Meditation	Yoga Nidra was not originally developed as a treatment for trauma or psychological illness. Thus it often “imposes” imagery and other suggestions that may cause flooding or overwhelm to those with PTS or other combat stress conditions.	iRest is designed to support a person’s healthy defenses and conditioning and to allow practitioners to uncover and integrate challenging material and experiences in their own unique pace.
3. Use of Inner Resource /Safe Place Anchor	Yoga Nidra does not include the use of a “safe place” image , or “Inner Resource”.	iRest practices always begin and end with a time to develop and rest in the inner safe haven which has been chosen by each practitioner. This helps anchor the practitioner in safety and allows them to return to the “Inner Resource” at any point of overwhelm.
4. Responding to Abreactions	Most yoga and Yoga Nidra instructors are not generally trained to address emotional abreactions that occasionally arise when people practice any kind of yoga.	iRest instructors receive extensive training in how to attend to someone who is having an abreaction in a way that neither re-triggers the trauma or shuts the process of healing down.

5. Uniform Approach vs. Individualized Approach	Yoga nidra instructors provide instructions that are uniform for every person in a group class.	iRest allows every person in the group to choose how they want to participate, e.g., each one has their own unique Inner Resource, and may choose the emotions, images, or beliefs he/she wants to work with in the practice.
6. Welcoming	Yoga nidra is more directive, “feel x”, “feel y”, “relax”.	iRest helps people to learn to “welcome” or accept themselves as they are and life as it is in this moment. It doesn’t help them to avoid or escape their problems, but rather to accept them, even to find meaning in them and to live purposeful, vital lives.
7. Use in Military Settings	Yoga nidra	iRest has been in use in military settings since 2006 when it became part of the Specialized Care Program offered by the DOD at Walter Reed Army Medical Center. There are now approximately 20 VA and active duty military programs utilizing iRest.
8. Research		All of the research on yoga nidra in military settings to date has been done using the iRest protocol.
9. Kosha Model	Yoga nidra addresses 5 traditional koshas.	iRest adds an additional kosha that addresses specifically an inquiry into the separate sense of “I”, or asmitamaya kosha.