



YOGA'S MOST  
IMPORTANT POSE



# THE ART OF SHAVASANA

A JOURNEY TO DEEP AWARENESS,  
INNER PEACE AND TRANQUILLITY

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## SHAVASANA, OFTENTIMES OVERLOOKED AND UNDERVALUE...

This relaxing asana is one of the most powerful poses within Yoga...  
...really!

Holding secrets that can transform your life, when you surrender to it.

This guide is a how-to relax into Shavasana, get more from it and combine it with Guided Meditations, Yoga Nidra, even Hypnosis...

...to create deeper mental, emotional and even spiritual change.

The word "Shavasana" comes from Sanskrit and is comprised of two words:

"Shava," meaning "Corpse," and "Asana," meaning "pose"

Shavasana literally translates to "Corpse Pose."

With the body lying in a relaxed, supine position and not moving, it's easy to see why.





## WHAT MAKES SHAVASANA THAT TRULY MAGICAL POSITION

**There are many benefits to Shavasana:  
Physical, Emotional, Mental and Spiritual.**



Reducing Stress & Physical Pain



Improving Cognitive Function



Increasing Alertness



Enhancing Memory Recall




Greater Ability to Concentrate



Better Restorative Sleep Quality

Additionally, studies found people practicing  
Shavasana have a significant improvement in their  
mood, mental clarity and relaxation.







# SHAVASANA

## WHEN...

Often performed at the end of a Yoga Asana practice to promote relaxation, reduce stress and as the perfect position to relax into a deep meditation.

## WHERE...

Find a comfortable place to lie down: Choose a flat, comfortable surface like a yoga mat, a rug or a blanket.

Make sure the area is quiet and free from distractions and at a good temperature for relaxing.

## GET INTO POSITION...

Lie down on your back with your arms by your sides, palms facing up. Let your legs fall open, keeping them about hip-width apart.

Take a moment to adjust your body and make any necessary changes to ensure you are comfortable.

You may need to adjust the position of your arms, legs, or head to find a comfortable position.

Now close your eyes...





# SHAVASANA

**Close your eyes and let yourself relax.** Let your body deeply relax as you are supported. Focus on your breath and let it become slow and deep.

**Scan your body:** Begin to scan your body, starting from the top of your head and working your way down to your toes. As you do this, imagine any tension in your body melting away.

**Relax your muscles:** Once you have scanned your body, consciously relax each muscle group one at a time. Start with your feet and work your way up to your face. Let your muscles become heavy and relaxed.

**Remain in Shavasana for 5-15 minutes,** or as long as you like. Or until the guided session comes to an end.

Before moving, **take a deep breath in and slowly exhale.** Stretch your arms and legs, then slowly roll over to one side and sit up.

Take a moment to notice how you feel, then get up and continue your day... **with a feeling deep inner bliss.**



A woman with blonde hair is sitting in a lotus position on a grey yoga mat. She is wearing a white t-shirt and green leggings. Her eyes are closed, and she has a peaceful expression. The background shows a light-colored sofa and a window with a plant. The text is overlaid on the image in a serif font, with each line in a separate semi-transparent box.

THE 7-DAY  
RELEASING  
MINDCAMP HAS  
TECHNIQUES  
FOR  
QUIETENING  
YOUR MIND AND  
LETTING GO

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## LET GO...

Shavasana is a pose of complete relaxation, so it's important to let go of any tension in your body and mind.

Allow yourself to be still and peaceful in the pose, and you will likely find it to be a calming and rejuvenating experience.

## PROPS...

If you find it difficult to relax fully in Corpse Pose, you may benefit from using props such as yoga block or bolster to support your body.

You can place the block or bolster under your knees to support your lower back, or under your head to support your neck.

## USE COMMON SENSE...

Consult with your practitioner if you have any medical conditions, such as neck or back injuries, or for women who are pregnant.

If you have any concerns, it is best to consult with an expert you trust before practicing this pose... but really, it's just laying down and relaxing!!



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# SHAVASANA AND EGO DEATH

Ego death refers to the experience of letting go of one's sense of self and merging with the present moment. A profound and transformative experience.life.

By letting go of your ego and surrendering to the present moment, you can experience a sense of inner peace and tranquillity that is not typically found in everyday life.

## MOST NOTABLE BENEFITS INCLUDE:



Increased Self-Awareness



Improved Mental Health



Increased Creativity



Enhanced Spiritual Connection



A deeper understanding of thoughts, emotions and behaviours, creating an understanding of how these things influence our lives.

This increased self-awareness can help you to identify patterns and habits that may be holding you back, and provide a starting point for personal growth and change.

By providing a sense of release from the burdens of everyday life. It can also promote feelings of peace and tranquillity, which have a positive impact on overall mental well-being.

## MORE BENEFITS INCLUDE:



**Increased Creativity:** By letting go of the ego and its limitations, you can tap into a deeper well of creativity and inspiration.



**Enhanced Spiritual Connection:** WARNING





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# SHAVASANA AND EGO DEATH

Ego death is often described as a profound and transformative experience that can deepen one's spiritual connection.

Letting go of the ego, you can experience a sense of unity with the world and all living things, which can bring a deeper sense of meaning and purpose to life.

Ego death often involves surrendering the familiar aspects of our identity and attachments. This can lead to a sense of loss and confusion, as the structures that once defined us dissolve.

In spiritual traditions, the death of the ego is often seen as a necessary step on the path to spiritual enlightenment.

By letting go of the ego and its limitations, you can tap into a deeper well of creativity, inspiration and wisdom, developing a deeper sense of empathy and compassion for others.

In psychology, the concept of ego death is often associated with the field of transpersonal psychology, which studies the experiences of individuals who have transcended their sense of self and entered into a state of altered consciousness.



SHAVASANA  
HELPS YOU  
RELAX, HEAL,  
CONNECT WITH  
YOUR HIGHER  
SELF AND SO  
MUCH MORE



COMBINED WITH  
YOGA NIDRA YOU  
CREATE SPACE FOR  
YOUR HIGHER SELF  
TO COME THROUGH