



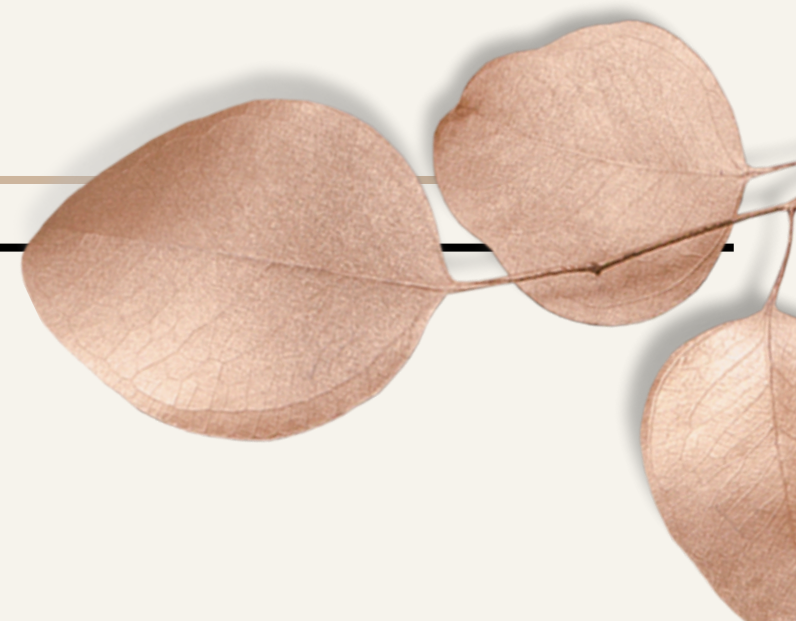
7 DAY

# Nervous System Reset With Somatic Yin Yoga

FEEL CALM AND ENERGIZED WITH THIS STEP BY STEP  
GUIDE TO REGULATE YOUR NERVOUS SYSTEM WITH YIN  
YOGA & SOMATIC EXERCISES.

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*IN THIS E-BOOK, WE'LL COVER HOW TO REGULATE YOUR NERVOUS SYSTEM WITH SIMPLE BUT POWERFUL YIN YOGA AND SOMATIC EXERCISES.*





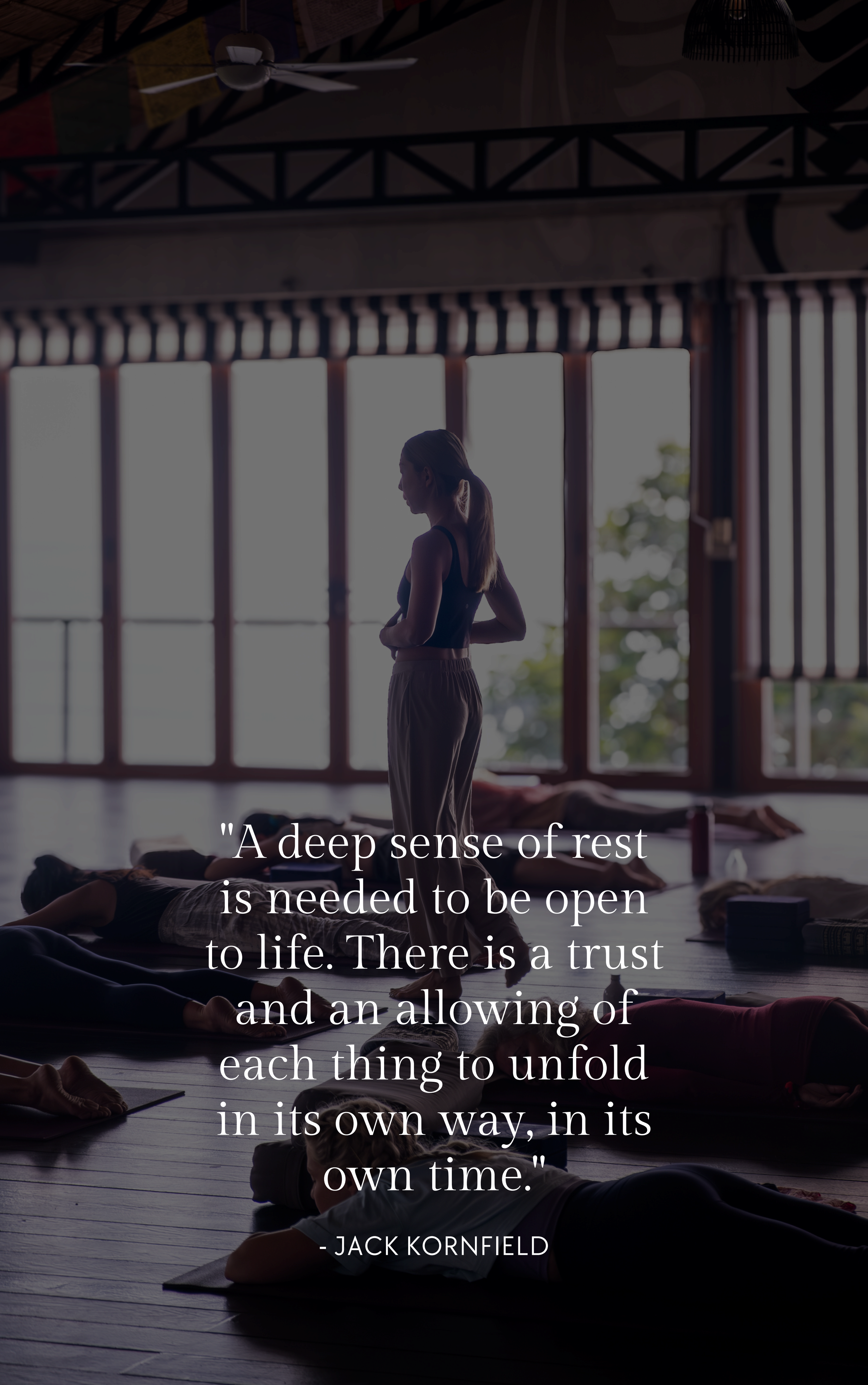
# HEY, I'M ANNIE.

My personal healing journey from anxiety and depression has brought me to the practice of yin yoga and somatics. Through these gentle but powerful practices, they have helped me tune to my feelings, regulate my nervous system and make space for self-love & acceptance. I've been teaching yin yoga for the past 12 years. I hope this ebook will help you reset your nervous system, feel calmer & more energized!

*Om Annie*

LET'S DO IT!



A woman in a dark tank top and light-colored pants stands in the center of a yoga studio, looking out a large window. Several other people are lying on mats on the floor around her, appearing to be in a rest or relaxation pose. The room has a wooden floor and a high ceiling with exposed beams and a ceiling fan. The lighting is soft and natural, coming from the window.

"A deep sense of rest is needed to be open to life. There is a trust and an allowing of each thing to unfold in its own way, in its own time."

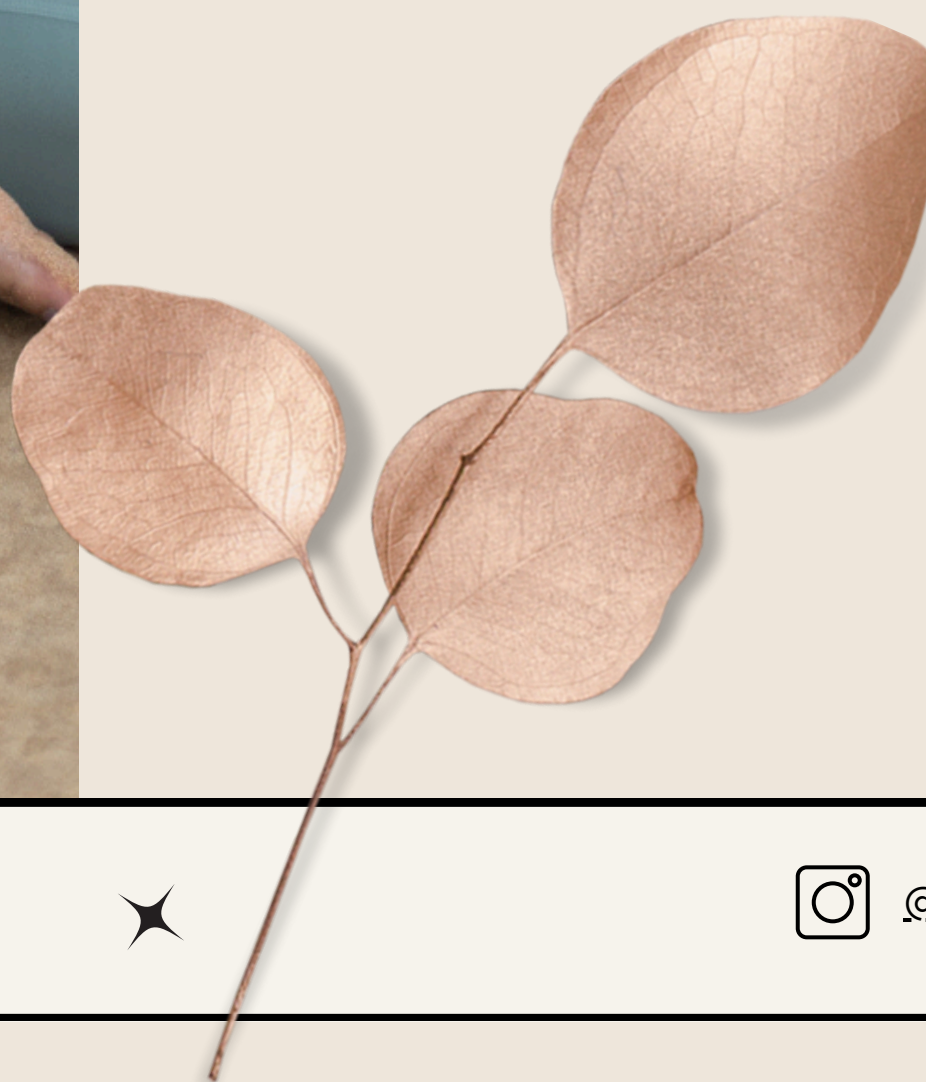
- JACK KORNFELD



01

WHY IS  
NERVOUS  
SYSTEM  
REGULATION  
IMPORTANT?

LET'S FIND OUT!



# WHAT IS THE NERVOUS SYSTEM?

The nervous system is the body's communication network, consisting of the brain, spinal cord, and nerves. It controls everything from movement and breathing to thinking and feeling. There are two main parts:

1. Central Nervous System (CNS): This includes the brain and spinal cord. It processes information and sends out instructions.
2. Peripheral Nervous System (PNS): This includes all the nerves outside the CNS, connecting the CNS to the rest of the body and helping relay messages.



## TWO KEY PARTS OF THE PERIPHERAL NERVOUS SYSTEM:

Somatic Nervous System: Controls voluntary movements, like walking and talking.

2. Autonomic Nervous System (ANS): Controls involuntary functions, like heartbeat and digestion. The ANS has two branches:

- Sympathetic Nervous System (SNS): Prepares the body for "fight or flight" in response to stress or danger.

- Parasympathetic Nervous System (PNS): Split into two branches - Ventral Vagal and Dorsal Vagal. We feel rested and socially connected when we are in a ventral vagal state. However, we freeze and collapse when our dorsal vagal is activated.



# WHY IS NERVOUS SYSTEM REGULATION IMPORTANT?

It is crucial to maintain the regulation of our autonomic nervous system as it directly affects our emotional well-being. Here are the main reasons why it is essential for emotional health:

## 1. Stress Management:

When confronted with stress, the sympathetic nervous system can become overactive, leading to feelings of anxiety, tension, and being overwhelmed. Regulating the nervous system helps to calm these responses, reducing anxiety and promoting relaxation.

## 2. Emotional Stability:

A well-regulated nervous system supports stable mood and emotions, preventing extreme reactions and helping to maintain a sense of calm and balance.

## 3. Better Sleep:

Proper regulation can improve sleep quality by helping the body shift into a restful state. Good sleep is essential for emotional resilience and overall well-being.

## 4. Improved Focus and Clarity:

Balanced nervous system enhances cognitive functions like concentration and decision-making, leading to better handling of daily tasks and challenges.

## 5. Physical Health:

Chronic stress from an overactive sympathetic nervous system can lead to physical health issues, such as high blood pressure and weakened immunity. Regulating the nervous system promotes overall health and prevents stress-related illnesses.



# SYMPTOMS OF A DYSREGULATION

Recognizing these symptoms can help identify when the nervous system is dysregulated and prompt seeking appropriate interventions to restore balance and well-being.

## PHYSICAL

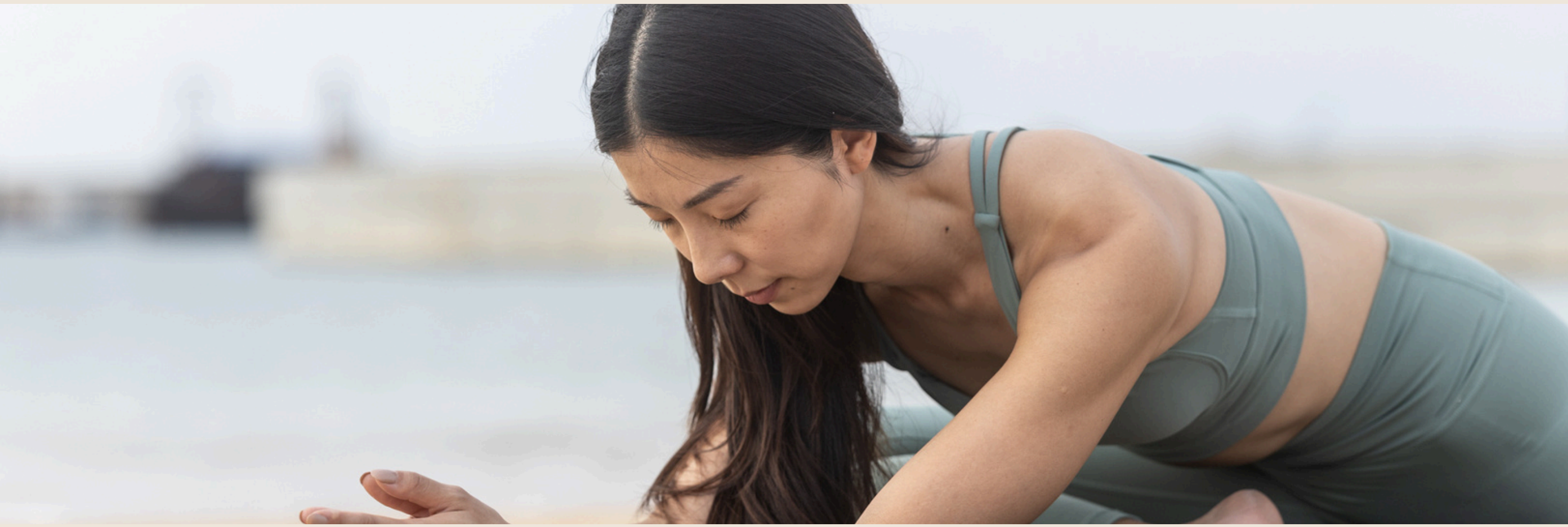
1. Chronic Fatigue: Persistent tiredness that doesn't improve with rest.
2. Sleep Disturbances: Difficulty falling or staying asleep, or experiencing restless sleep.
3. Digestive Issues: Problems like irritable bowel syndrome (IBS), bloating, constipation, or diarrhea.
4. Muscle Tension: Chronic muscle tightness or pain, especially in the neck, shoulders, and back.
5. Headaches: Frequent tension headaches or migraines.
6. Heart Palpitations: Rapid or irregular heartbeat.
7. Shortness of Breath: Feeling breathless or having difficulty breathing.
8. Sweating: Excessive sweating or hot flashes.
9. Dizziness: Frequent lightheadedness or vertigo.
10. Chronic Pain: Persistent pain in various parts of the body without a clear cause.

## EMOTIONAL

1. Anxiety: Persistent worry, fear, or a sense of impending doom.
2. Depression: Feelings of sadness, hopelessness, and lack of interest in activities once enjoyed.
3. Irritability: Increased sensitivity and quickness to anger or frustration.
4. Mood Swings: Rapid changes in mood, from feeling happy to suddenly feeling sad or angry.
5. Emotional Numbness: Feeling detached or disconnected from emotions and surroundings.
6. Panic Attacks: Sudden episodes of intense fear accompanied by physical symptoms like heart palpitations and shortness of breath.
7. Overwhelm: Feeling easily overwhelmed by everyday tasks and responsibilities.
8. Hypervigilance: Being excessively alert or on edge, always expecting danger.
9. Difficulty Concentrating: Trouble focusing or completing tasks.
10. Social Withdrawal: Avoiding social interactions and feeling isolated or alone.







# HOW YIN YOGA AND SOMATICS HELP WITH REGULATING THE NERVOUS SYSTEM

## YIN YOGA

Yin Yoga is a slow-paced style of yoga that involves holding poses for longer periods, typically 3-5 minutes or more. It targets the deep connective tissues, such as ligaments, joints, and fascia, rather than just the muscles.

Benefits of Nervous System Regulation With Yin Yoga:

1. Activation of the Parasympathetic Nervous System: The long holds and gentle nature of Yin Yoga help activate the parasympathetic nervous system (ventral vagal), promoting a state of relaxation and calm.
2. Mindfulness and Presence: The meditative aspect of holding poses for extended periods encourages mindfulness and deepens the connection between mind and body, reducing stress and anxiety.
3. Release of Stored Tension: By focusing on deep tissues, Yin Yoga helps release physical tension that often accumulates due to stress, aiding in overall relaxation and emotional release.





# HOW YIN YOGA AND SOMATICS HELP WITH REGULATING THE NERVOUS SYSTEM

## SOMATICS

Somatics involves practices that focus on the internal experience of the body. It includes techniques like body awareness, gentle movement, and mindful attention to bodily sensations.

Benefits of Nervous System Regulation With Somatics:

1. **Increased Body Awareness:** Somatic practices enhance awareness of physical sensations, helping individuals recognize and address areas of tension or discomfort, which can help calm the nervous system.
2. **Trauma Release:** Somatic techniques can help release stored trauma and stress in the body, leading to emotional healing and regulation.
3. **Improved Self-Regulation:** By tuning into bodily sensations, individuals learn to respond to stress and emotions in a balanced way, promoting a stable and regulated nervous system.

Yin Yoga and somatics offer gentle yet powerful methods to support nervous system regulation, fostering relaxation, emotional balance, and overall well-being.



# PROPS YOU MAY NEED



## YOGA MAT

A padded yoga mat will provide cushioning and stability. You can also practice on a soft surface such as a carpeted floor.



## YOGA BOLSTERS & BLOCKS

Yoga bolsters offer support for deep stretches and help maintain postures comfortably. You can also substitute it with a couple pillows. Yoga blocks assist in reaching the floor or providing additional support in various poses.



## A BLANKET

A soft blanket adds extra warmth and can be used to support different body parts. As well, our body temperature drops during savasana (final relaxation) and yoga nidra (yogic sleep). You may want to cover yourself to stay warm.



## SOFT MUSIC

Soft relaxing music helps calming the atmosphere, enhancing relaxation and mindfulness.





## DAY 1: CENTERING & GROUNDING

A simple but highly effective somatic exercise for grounding and centering, especially when it comes to reconnecting with the body and calming the nervous system.

This short guided visualization helps release tension, improve body awareness, and foster a sense of safety. By focusing on bodily sensations, you'll shift your attention away from anxious thoughts, promoting presence and a sense of calm. This is particularly beneficial if you're feeling overwhelmed or disconnected, as this exercise will help reset the nervous system and brings both the mind and body into a more balanced, centered state.

[CLICK HERE TO PRACTICE NOW](#)

Equipment: None  
Time: 3 mins

After practice journaling:

*What bodily sensations did you notice before practice?*

*What bodily sensations do you feel after practice?*

*Do you notice a shift in how you are feeling before and after practice?*





## DAY 2: SOMATIC AWARENESS

Somatic Awareness meditation is a powerful practice that helps reset the nervous system by bringing attention to physical sensations in the body.

This mindful approach fosters a deeper connection to the present moment, allowing the body and mind to release tension and stored stress. By tuning into subtle shifts in sensation—such as warmth, tingling, or relaxation—this practice activates the parasympathetic nervous system, promoting a state of calm and balance. Over time, somatic awareness can help regulate emotional responses, enhance resilience, and cultivate inner peace, making it an effective tool for nervous system reset.

[CLICK HERE TO PRACTICE NOW](#)

Equipment: None  
Time: 5 mins

Feel free to write down any feelings and thoughts after practice:

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## DAY 3: YIN YOGA TO RELEASE FRUSTRATION

Yin Yoga is an excellent practice for releasing frustration, as it encourages stillness, patience, and deep physical release.

By holding poses for extended periods, the body gradually lets go of built-up tension in the connective tissues, which often harbor stress and frustration.

This gentle yet deep practice allows emotions to surface and be processed through mindful awareness. Focusing on the breath while staying in the poses helps soothe the nervous system and dissolve frustration, creating space for a sense of calm, acceptance, and emotional clarity.

[CLICK HERE TO PRACTICE NOW](#)

Equipment: Yoga mat, optional to have pillows, blocks and bolsters

Time: 20 mins





## DAY 4: MERIDIANS TAPPING TO AWAKEN ENERGY

Chinese meridians tapping is a powerful practice that can help awaken energy by stimulating the body's energy (Qi) pathways.

By gently tapping on specific meridian points while focusing on areas of tension or emotional blockages, you encourage the free flow of Qi, or life force energy, throughout the body. This practice not only clears stagnant energy but also revitalizes and balances the body's natural energy systems.

As a result, meridians tapping can lead to increased vitality, mental clarity, and a deeper connection to your own inner energy source.

[CLICK HERE TO PRACTICE NOW](#)

Equipment: None  
Time: 5 mins





# DAY 5: YIN YOGA TO ERADICATE FEARS

Yin Yoga can be a profound practice for eradicating fears by inviting deep surrender and introspection.

In holding poses for several minutes, the practice creates space to observe and sit with discomfort, including underlying fears, without the need to react or escape. This stillness encourages a release of emotional tension stored in the body's connective tissues, where fears often reside.

Coupled with mindful breathing, Yin Yoga soothes the nervous system and helps dissolve fear-based responses, fostering a sense of trust, inner safety, and emotional resilience. Over time, this practice cultivates courage and calmness in facing fears.

[CLICK HERE TO PRACTICE NOW](#)

Equipment: Yoga mat, optional to have pillows, blocks and bolsters

Time: 20 mins







# DAY 6: SOMATIC BREATHING TO STOP OVERTHINKING

Somatic breathing is a highly effective technique for stopping overthinking by grounding the mind through the body.

By focusing on slow, deep breaths and the physical sensations of breathing, it gently shifts attention away from racing thoughts and into the present moment.

This practice activates the parasympathetic nervous system, reducing mental chatter and promoting a state of calm and clarity.

Somatic breathing not only quiets the mind but also helps release tension, allowing for a greater sense of ease and mental stillness, making it a powerful tool for overcoming overthinking.

[CLICK HERE TO  
PRACTICE NOW](#)

Equipment: None  
Time: 6 mins





## DAY 7: INTEGRATION WITH YOGA NIDRA (YOGIC SLEEP)

Yoga Nidra is an ideal practice to help you integrate your experience in this 7-day nervous system reset program.

Often called "yogic sleep," Yoga Nidra guides the body and mind into a state of profound relaxation, where healing and integration naturally occur.

As you are led through layers of awareness, this practice helps process and absorb the benefits of the previous days' work, allowing the nervous system to fully recalibrate and balance.

By calming the mind and releasing tension, Yoga Nidra fosters a sense of wholeness, making it the perfect closing ritual for a nervous system reset.

[CLICK HERE TO  
PRACTICE NOW](#)

Equipment: Yoga mat or soft surface, pillow, blanket

Time: 10 mins



# WHAT'S NEXT?

## YIN YOGATEACHER TRAINING

Interested in becoming an accredited Trauma Informed Yin Yoga teacher? Explore my online and in-person Yoga Alliance US accredited continuing education program.

Upon successful of completion, you'll receive a certification accrediting your ability to lead trauma-informed yin yoga classes worldwide.

[CLICK HERE TO EXPLORE](#)



## JOIN THE COMMUNITY

Become a member of our online community where like-minded individuals interested in yin yoga, healing and self-growth meet.

This is a safe space to share, gather resources and grow.

[CLICK HERE TO JOIN](#)



# THANK YOU FOR READING!



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