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Yoga nidra (Sanskrit: योगनिद्रा or yogic sleep) is a state of consciousness between waking and sleeping, like the "going-to-sleep" stage.

Yoga nidra - Wikipedia

Kriya Yoga, as taught by Lahiri Mahasaya, is traditionally exclusively learned via the Guru-disciple relationship and the initiation consists of a secret ceremony.

Kriya Yoga - Wikipedia

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Asana Pranayama Mudra Bandha Swami Satyananda Saraswati Yoga Publications Trust, Munger, Bihar, India

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