

Yoga Nidra Training Course

Through the practice of Yoga Nidra, we are not only relaxing, but restructuring and reforming our whole personality from within.

Swami Satyananda Saraswati

Aims

- To offer a systematic, well-structured course on Yoga Nidra that gives instructors a sound basis for teaching it responsibly and effectively
- To give teachers the opportunity to fully discover, explore and experience the development of the practice of Yoga Nidra for themselves
- To enable qualified yoga teachers to deliver a Yoga Nidra practice that is appropriate to their students

Objectives

- To experience the Satyananda Yoga approach
- To understand the theory and science underlying Yoga Nidra and its eight stages
- To explore the application of Yoga Nidra to a variety of student groups
- To understand Yoga Nidra within the context of Raja Yoga

Eligibility for the course

The course is open to fully qualified and active yoga teachers. Participants would be expected to have had at least six months' experience of practising the technique themselves.

Course requirements

- Attend all seminars (online modality)
- Do the daily practice as indicated by the tutors
- Complete the home-study assignments as required

Students are also advised to attend a Satyananda Yoga class themselves if at all possible.

Duration of the course

One day per month for 6 months totalling 36 contact hours. Courses will begin at 9am and end by 4pm. Homework will comprise 3-5 hours' study between seminars and **daily practice of Yoga Nidra during the course.**

Content of the training course

Practical

Each session will begin with an Asana, Pranayama, Mudra and Bandha class using the Satyananda Yoga approach

Each full-day seminar will include two Yoga Nidra practices

Theory

The history and origins of Yoga Nidra

The need for relaxation and its nature

The eight stages of Yoga Nidra and their development

How to teach the practice to all levels of experience, from beginners to the more advanced

The use of voice and language

The place of Yoga Nidra in the wider context of yoga

The meaning of pratyahara and its application

The potential of Yoga Nidra – applications and responsibilities

Teaching methods

Lectures and discussion

Practice and experience

Group discussions and group work

Teaching practice and feedback

Assessment of studies

Submission of Yoga Nidra recordings throughout the course, with ongoing assessment and feedback

Home study and assignments

Qualification

A certificate will be issued on successful completion of the course, qualifying the participant to teach Yoga Nidra.

Dates of the course

The course will be conducted over 6 Sundays from September 2024 to February 2025.

The dates are as follows: 15 September, 13 October, 10 November, 8 December 2024, 5 January and 2 February 2025.

Course cost £750

A deposit of £250 will be paid on acceptance to the course. The balance may be paid in two instalments, or in full, by 15 September 2024 at the latest.

Course Coordinator Sn Yagnamurti

Application

If you want to enrol in this course, please complete the application form (please request via email below) and return by email to:

Sn Yagnamurti: yagnamurti@gmail.com

Swami Nirmal: nirmalyoga@hotmail.com

The course tutors may conduct a brief telephone interview with prospective participants prior to acceptance.