**Yoga Nidra**

**A short 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***

*Conducted by Swami Nirmal and Sannyasi Yagnamurti*

**Yoga Nidra  a Short Training Course**

# Aims

* To offer a systematic, well-structured course on Yoga Nidra that gives a sound basis for teachers to teach 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 Yoga Nidra practice which 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 potential use of Yoga Nidra with a variety of student groups.
* To understand Yoga Nidra within the context of Raja Yoga.

# Eligibility for the course

The course is open to those who are already a fully qualified and active yoga teacher. You would be expected to also have at least six months experience of practicing the technique yourself.

# Course Requirements

* Attend all day seminars
* Do the daily practice as set
* Complete the home study assignments as required
* Students are also advised to try and attend a Satyananda Yoga class if at all possible

# Duration of the Course

One day per month for 6 months totalling 39 contact hours. Each day will be from 9.005.00. 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 Bandha class in the Satyananda Yoga approach
* Two Yoga Nidra Practices on each day seminar  minimum 6 hours in total  not including home practice

# Theory

* The history and origins of Yoga Nidra
* The need for, and nature of relaxation
* The eight stages of Yoga Nidra
* How to teach the practice from beginners to more experienced including the use of voice and language and the development of each stage
* 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 sessions

# Assessment of Studies

* Submission of six Yoga Nidra recordings with on-going assessment and feedback throughout the course
* 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 Saturdays from January to June 2020. The dates are to be confirmed soon.

**Course cost** £750

A deposit of £200 will be paid on acceptance to the course, the balance may be paid in two instalments or in full by 1st January 2020 at the latest.

# No. of participants 12

**Course Coordinator** Sn Yagnamurti

**Course Venue** Satyananda Yoga Centre

70 Thurleigh Road London SW12 8UD

# Application

If you are interested in this course, please complete the application form (download from syclondon.com or request via e mail below) and return by post or e-mail to: **Yoga Nidra Course 2020**, **c/o Satyananda Yoga Centre, 70 Thurleigh Road, London SW12 8UD**

NB: There may also be a telephone interview with the course tutor prior to acceptance.

Contact emails: Sn Yagnamurti: **yagnamurti@gmail.co**m

and Swami Nirmal: **nirmalyoga@hotmail.com**