

Learning resources

- Yoga Nidra - BSY publication (book)
- CDs of Yoga Nidra practice as specified (minimum 5). You must own these for personal use. Throughout the course, Yoga Nidra CDs will be for sale to participants.
- Additional recommended publications: Yoga Magazine (BSY), Bindu Magazine (Swami Janakananda), A Systematic Course in the Ancient Techniques of Yoga and Kriya (BSY publication), Teachings of Swami Satyananda.

Venue: St Timothy's Church & Community Centre, Daybrook, Nottingham NG5 6BX

Dates: Saturday 20th October 2012. Saturday 17th November 2012. Saturday 19th January 2013. Saturday 16th February 2013. Saturday 16th March 2013. Saturday 20 April 2013

Cost of Course: £420. A non-returnable deposit of £220 will be required when you are accepted onto the course; the balance to be paid by September 1st 2012

Number of Participants: maximum 22

Course Staff: Sannyasi Amarajyoti (Director) with Atmashraddha and Hari Om will be responsible for delivering the day programs. Other very experienced Satyananda Yoga Teachers will also provide the support services of assessing and homework marking.

How to Apply:

Complete the application form and return to: Satyananda Yoga Centre, 78 St Albans Rd, Arnold, Nottingham NG5 6GW marking the top left-hand corner of the envelope 'Yoga Nidra Course'. Interviews will be arranged and completed promptly and all applicants notified as soon as is reasonably practicable. The Course Director's decision is final.

Yoga Nidra

Training Course for Yoga Teachers

Devised by Swami Pragyamurti

From the teachings of Swami Satyananda Saraswati

October 2012 – April 2013

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

Swami Satyananda Saraswati



Directed by Sannyasi Amarajyoti

Yoga Nidra - a Training Course for teachers

Yoga Nidra is the profound technique adapted by Swami Satyananda Saraswati from traditional tantric practice. This is a course for yoga teachers who wish to teach it.

Aims

- To offer a well-structured course in Yoga Nidra that gives teachers a sound basis for delivering this practice.
- To provide the participants with a systematic, progressive experience of the practice of Yoga Nidra.

Objectives

- To fully explore and discover the practice from personal experience.
- To understand the theory and science behind it.
- To examine the potential of Yoga Nidra in various situations.

Learning outcomes

By the end of the course participants will:

- Be able to deliver competently a 30-minute Yoga Nidra practice.
- Be able to explain clearly to students any aspect of the practice.
- Be confident in handling students' responses to the practice in class situations.

Course Requirements

- Attend all seminars – 100% attendance required.
- Daily Practice – personal practice of Yoga Nidra as specified, every day throughout the duration of the course.
- Complete the monthly home study assignments to a satisfactory standard.

Duration of Course

Over a period of 7 months, a total of 6 x 1 day seminars, each lasting from 9.30 am to 5pm. This constitutes a total of 39 class contact hours.

Additionally, home study assignments will require approximately 3 hours per week for the duration of the course. A daily practice of Yoga Nidra during the course is essential.

Course Content

- Yoga Nidra practice
- The history and origins of Yoga Nidra
- Theory of the practice
- The stages of Yoga Nidra
- How to teach the practice
- The use of voice and language
- Duties and responsibilities of the teacher
- The need for relaxation; the health benefits
- The potential of Yoga Nidra - applications

Teaching Methods

Lectures, practice, experience, group discussion, plenary sessions, group work, Teaching Practice.

Assessment of Participants

On-going assessment throughout the course; home study assignments and practical performance.

At the end of the course there may be a Final Class Assessment (FCA) of Yoga Nidra.

Certification

A certificate will be issued to those who are deemed to have successfully completed the course.