

Yoga Nidra Teacher Training - Course syllabus

Day 1

- Welcome, introductions, meditation
- What is yoga nidra: definitions and discussion
- An overview of the three schools of yoga nview of the different styles and structures of yoga nidra, and an introduction to the 7 stages of yoga nidra
- Group exercise: begin writing your own yoga nidra focusing on stages 1, 3 and 7
- How to give and receive compassionate feedback
- Groupe exercise: delivering yoga nidra in small groups
- Receive yoga nidra from Mel, course leader
- Self-care
- Close

Day 2

- Welcome
- History and philosophy of yoga nidra presentation, followed by group exercise and presentation
- Meditation on OM
- San kalpa with group exercise and presentation
- Re

Day 3

- Welcome
- Reflections on homework from group
- Looking at benefits of yoga nidra
- How and why we sleep presentation
- Group exercise: who might benefit from yoga nidra and why
- Sleep stages and brain waves
- Yoga nidra and the brain - Meet Homunculus!
- Question time
- Recap so far
- Yoga nidra and trauma
- How to teach, including looking at online teaching
- Receive yoga nidra from Mel
- Close

Day 4

- Welcome
- Questions so far
- Common Q&As from your students
- Creativity in yoga nidra, with practical exercise
- Writing and giving your own yoga nidras; receiving from others
- Final thoughts and reflections
- Close