

## Yoga nidra teacher training: schedule

### Weekend one: Day 1

Time	Activity	Manual references
9am	Welcome	
9.15am	Seated meditation	Manual page 5
9.30am	Introductions from group	
10.15am	What IS yoga nidra?	pg 8-9
10.30am	An overview of the tree different schools of yoga nidra	Manual page 12
11am	Tea break	
11.15am	An overview of the stages and structures and introducing the seven stages	Manual pg 13- 16
11.30am	Group exercise	Manual p17 - 34
1pm	Lunch	
2pm	Group exercise - begin practicing writing your own yoga nidras	
2.45pm	Going over giving and receive feedback	Manual pg 74
3pm	Tea break	
3.15pm	Group exercise	
4.15pm	Yoga nidra from Mel	

<b>4.45pm</b>	Self care in evening	
<b>5pm</b>	Close with seated meditation, 5mins	

**Weekend one: Day 2**

<b>9am</b>	Welcome	
<b>9.15am</b>	History and philosophy of Yoga nidra	Manual 35 - 35
<b>9.30am</b>	A little more in-depth philosophy	
<b>9.45 am</b>	Group exercise	
<b>10am</b>	Start presenting back	
<b>11am</b>	Om meditation - group exercise	Manual pg 41
<b>11.10am</b>	Tea break	
<b>11.30am</b>	San kalpa - definitions	Manual pg 44
<b>11.45am</b>	Group exercise	Manual pg 46
<b>12.30pm</b>	Yoga nidra from Mel	
<b>1pm</b>	Lunch	
<b>2pm</b>	Writing your own yoga nidra	

<b>2.45pm</b>	In pairs, sharing the yoga nidras	
<b>4pm</b>	Tea break	
<b>4.15pm</b>	Group check-in and discussion of experience	
<b>4.30pm</b>	Homework	Pg 68 - 72
<b>5pm</b>	End	

**Weekend two, day one**

<b>Time</b>	<b>Activity</b>	<b>Manual ref</b>
<b>9am</b>	Opening and welcome with meditation	
<b>9.15am</b>	Feedback from group on homework assignments	
<b>10am</b>	Group exercise - benefits	Manual pg 48
<b>10.30am</b>	Why and how we sleep	Pg 51
<b>10.45am</b>	Your thoughts	Pg 52
<b>11am</b>	Tea break	
<b>11.15am</b>	Sleep stages and brainwaves	
<b>11.30am</b>	Your thoughts: What brainwave might you be activating in each stage?	Pg 56
<b>11.30am</b>	Yoga nidra and the brain - Meet Homunculus!	pg57

<b>12.15pm</b>	Question time	
<b>12.30pm</b>	Lunch	
<b>1.30pm</b>	Recap slides	
<b>2pm</b>	Yoga nidra and trauma	Pg 60
<b>2.45pm</b>	Group exercise	pg 53 and 31
<b>3.15pm</b>	Tea break	
<b>3.30pm</b>	How to teach	Pg 63
<b>3.45pm</b>	Group exercise	Pg 64-65
<b>4.30pm</b>	Yoga nidra from Mel (Satyananda)	
<b>4.50pm</b>	Time for questions, reflections, catch up	
<b>5pm</b>	Close	

**Weekend two: day 2**

<b>Time</b>	<b>Activity</b>	<b>Manual reference</b>
<b>9am</b>	Welcome	
<b>9.15am</b>	Any questions/comments so far?	
<b>9.45am</b>	Common Q&As	pg73

<b>10.15am</b>	Creativity and how to build creativity into your yoga nidra	pg66
<b>10.30am</b>	Creativity in nidra	
<b>11am</b>	Break	
<b>11.15am</b>	Group exercise	
<b>12.30pm</b>	Lunch	
<b>2pm</b>	Group exercise: continued	
<b>4pm</b>	Final thoughts and questions	
<b>5pm</b>	Close	