Yoga Nidra is a systematic method of inducing complete physical, mental and emotional relaxation in which the distractions of the brain are contained, and the mind is allowed to be free. During this practice, one appears to be asleep, but the consciousness is functioning at a deeper level of awareness. Yoga Nidra has had a profound transformative effect on those who initiate its powers.

The duration of each yoga Nidra varies between fifteen minutes and one hour, depending on the general level of the students in the class. Yoga Nidra is accessible for everyone, even those who have never practiced yoga before.

Yoga Nidra has a wide range of therapeutic benefits; for instance, it can be a useful tool in managing the symptoms of stress, anxiety and insomnia. Furthermore, its soothing and relaxing character makes it a valuable addition to the healing journey associated with serious illnesses. Yoga Nidra offers an opportunity to access a sense of inner peace and satisfaction which is invaluable to say the least.

Jill has been offering yoga Nidra as a part of his classes, retreats, courses for many years She was trained classically by the Bihar School of Yoga and brings these teachings into her approach which has been specially formulated for all Jill’s approach is practical, meditative, therapeutic and accessible to everyone.

**The Benefits of Yoga Nidra**

* Induces relaxation and facilitates bodily and mental restoration.
* Minimises, manages and counteracts the effects of stress, anxiety and depression.
* Creates healthy relationships with our thoughts.
* Manages sleep disorders and insomnia.
* Enhances memory and learning capacity.
* Supports meditation techniques.
* Clears out the unconscious and awakens creativity.
* Allows us to get in touch with our inner self.

**Who is this training for?**

Jill offers this training for all, and the training is aimed at Yoga Teachers and therapist and you will receive a certificate to teach from me and then be able to include Yoga Nidra in your current teaching accredited by Yoga Alliance Professionals. If you ae not a teacher, you will receive a certificate from Jill and still be able to teach.

The training is open to yoga teachers, movement teachers, complementary therapists, psychotherapists and counsellors, nurses and anyone else who would like to incorporate yoga Nidra into their therapeutic and health care settings. This course is also available to anyone who would like to acquire the knowledge and the wisdom of yoga Nidra and use it for their own discovery and self-practice.

Besides health and wellbeing on a physical level, the training is also intended to raise awareness of the importance of yoga Nidra and meditation for mental and spiritual health. We need more yoga Nidra teachers and practitioners in the world, to help restore harmony and balance, which is so often lacking in modern life.

**What are the aims and objectives of the training?**

The training and assignments specifically explore how to teach yoga Nidra, this is a practical course, and the content is designed in a way that anyone can access.

* Understanding the classical eight stages of yoga Nidra, their effects and influences on the body and the mind.
* Learning some alternatives techniques to yoga Nidra.
* Providing the key elements and skills required to incorporate yoga Nidra and alternative techniques intuitively, effectively and safely into a class or a session.
* Offering yoga Nidra responsibly and with confidence.
* Learning how to create sequences with yoga Nidra as the main theme
* Learning how to adapt yoga Nidra and alternative techniques to specific needs and different populations of students.
* Learning how to use yoga Nidra and alternative techniques in therapeutic settings.
* Allowing teachers to fully explore and experience the character of Yoga Nidra for themselves and to grow their own practice.

**Course Content**

* Understanding Yoga Nidra within the yogic tradition: origins, history and philosophy.
* Understanding the different elements used in yoga Nidra: prana, Vayus, koshas and chakras.
* The meaning of Pratyahara, Dharana and Dhyana and their applications. Understanding the contemporary application of yoga Nidra.
* Understanding brainwaves, the different states of consciousness, the anatomy of the brain and sleep science.
* Key movement and preparations before the practice of yoga Nidra and deep relaxation techniques.
* The art of letting go and the nature of relaxing: guided meditations and other techniques.
* How to integrate yoga Nidra in your classes and induce therapeutic settings.
* Structuring the different stages of Yoga Nidra.
* How to develop and deliver safe, clear and appropriate scripts.
* How to create your Sankalpa: a sacred intention.
* How to teach yoga Nidra to students with different ability levels.
* Creating themes for special events, workshops and masterclasses.
* How to offer yoga Nidra and alternative techniques for more specific therapeutic aims and needs.
* Integrating yoga Nidra and alternative techniques into your daily life.

**What are the requirements and assignments?**

This course is a **50-hour CPD Approved Further Training accredited by Yoga Alliance Professionals**  (for yoga teachers only). To receive this accreditation, you will be expected to:

* Attend and commit to the introduction and both weekends and show a good understanding and comprehension of the practice and the teaching of yoga Nidra and the alternative techniques – **34 contact hours.**
* Complete assignments and home studies including writing, reading and recordings – **8 hours** (approx.)
* Home practice. Yoga Nidra Practice daily during the duration of the training – **8 hours minimum**.
* All these hours apply whether you are looking to receive the Yoga Alliance Professional Professionals accreditation or not. The course is designed and written for both yoga teachers and any other trainees.

**Please note:** the assignments and home studies are designed to support the theory and the content of the training. You won’t be marked or judge on the results. Discussions and exchanges will rise from the results. They will help you understand the work and improve the way you teach and practice.

**What will you receive?**

* 34 contact hours with Jill
* Instructions, Lectures and discussions.
* Course material: Manual & power points handouts.
* Recordings and scripts of yoga Nidra and alternative techniques.
* Feedback and corrections on assignments.
* One free contact session for support and mentoring if requested post-training.
* Yoga teachers will receive **a certificate to teach from Jill and be accredited by Yoga Alliance Professionals**