

True Yoga Nidra Training and Certification

*Program is designed and taught by Ema Stefanova, M.A. E-RYT500, C-IAYT
YACEP (Yoga Alliance Continuing Education Provider) Since 2002
IAYT APD (Approved Professional Development Provider) Since 2006*



www.YogaAndMeditation.com

You will learn Authentic Yoga Nidra as originally systematized and taught by Swami Satyananda Paramahasa, the father of modern day Yoga Nidra. We have been lovingly and directly trained in the method. You will experience deep relaxation, healing, personal growth, and refinement. Mastering Yoga Nidra helps make meditation (Dyana Yoga) effortless; it is excellent for deep work on oneself.

Topics include theory and practice in the:

Importance of systematic awareness and relaxation training in the Holistic Yoga Way.

What is Yoga Nidra and the nuts and bolts of how it works:

- *origins, history and the compact systematized forms of present day Yoga Nidra*
- *how the practice is structured, its key "ingredient" or it is not Yoga Nidra at all*
- *what makes True Yoga Nidra such a powerful practice: science and more*
- *Yoga Nidra vs. hypnosis: some similarities and major differences*
- *postures for Yoga Nidra (not only Shavasana lying down)*
- *receiving and administering Yoga Nidra, dosage, progression*
- *what other Pratyahara practices to include when Yoga Nidra is used as therapy*
- *special populations applications and who may not benefit from Yoga Nidra*

What happens in the brain during Yoga Nidra?

Visualisation as prescribed by tradition: the what, the how and the why

*Therapeutic applications for anxiety, stress management, post-operative and other healing
Yoga Nidra for Children is Totally Different than Yoga Nidra for Adults, and More*

Upon successful program completion, students will be issued a Professional Yoga Nidra Teaching Certificate. Teachers registered with the Yoga Alliance earn Continuing Education hours. This is a stand alone certification course and it also counts as one module toward earning a 200-Hour or/and a 300-Hour Teacher Training Certificate with Ann Arbor Yoga and Meditation.

To register please, fill out and send the TT application form with payment.

Regular fees and specials are posted at www.YogaAndMeditation.com

Previous Yoga and Meditation experience is not required.

Highly beneficial for medical and mental health professionals.

Non-Certification 2-Day Seminars on Yoga Nidra, Meditation and Stress Management are open to all and still \$199/\$179 early. YA Continuing Ed hours for RYT200, RYT300, RYT500 teachers with the Yoga Alliance.