

Yoga Nidra – Teacher Training

A Course for Qualified Yoga Teachers

Devised from the teachings of the Bihar School of Yoga

16th September 2023 – 16th March 2024

Directed by Claire Thomas

Tutors: Claire Thomas & Hannah Penn



“Through the practice of Yoga Nidra, we are not only relaxing, but re-structuring and re-forming our whole personality from within” *Swami Satyananda Saraswati*

This course is for teachers who wish to develop their own personal practice of Yoga Nidra and learn to deliver it safely to their students. The Yoga Nidra taught on this course, is the technique adapted by Swami Satyananda, from the tantric practice of *nyasa*, and taught by the Bihar School of Yoga. While there are other systems of Yoga Nidra, they will not be covered in this course.

Aims

- To offer a well-structured course in Yoga Nidra which gives teachers a sound basis for delivering this practice, safely and effectively.
- To provide the participants with a systematic and progressive experience of the practice of Yoga Nidra.
- To enable qualified yoga teachers to deliver a practice which is appropriate to their students.

Objectives

- To experience the Bihar School of Yoga approach to Yoga Nidra.
- To fully explore and discover the practice through personal experience.
- To understand the theory and science behind the practice.
- To examine the potential of Yoga Nidra in various situations.

Course Content

Practical:

- Each day will begin with a yoga class including asana, pranayama, mudra and mantra.
- Each day will include a Yoga Nidra practice, relevant to the current day's teaching.

Theoretical:

- The benefits of relaxation and pratyahara.
- An introduction to the neuro-science of relaxation.
- The history and origins of Yoga Nidra.
- Theory and development of the eight stages of the practice.
- The use of voice and language in Yoga Nidra.
- Guidelines for teaching to different groups and levels of experiences.
- The potential application of Yoga Nidra and responsibilities of the teacher.

Teaching Methods:

- Taught sessions & group discussion.
- Smaller break-out groups & peer discussion.
- Teaching practice & feedback.
- Additional reading.

Learning Outcomes

By the end of the course participants will:

- Understand and be able to teach all stages of the practice.
- Be able to clearly explain any aspect of the practice.
- Be able to competently deliver a 25-30 minute Yoga Nidra practice.
- Be confident in handling students' responses to the practice in class situations.

Duration of the Course

The course is taught over a period of six months, a total of six full days, each lasting from 10:00am to 5:00pm. Three of these days will be delivered in person, three will be delivered online via Zoom. This constitutes 36 class contact hours.

In addition to class contact, attendees will be required to undertake a daily practice of Yoga Nidra, along with completing written coursework and submitting a series of audio recordings. This equates to around 6 hours of home study time each month.

Total course commitment is therefore, in the region of 60 hours over six months. It is recommended that participants do not commit to any other training during this time.

Course Requirements & Assessment:

100% attendance is required. If you miss a session due to illness or holidays, you will need to make up the session. There will be an additional cost for this.

There will be on-going assessment throughout the course including:

- Daily practice of Yoga Nidra – personal practice of a specified Yoga Nidra recording.
- Home study assignments completed to a satisfactory standard, including a series of Yoga Nidra recordings.

- Final Yoga Nidra class teaching assessment of a live class. Further details of this will be shared during the course.

A certificate will be issued to those who have met the course requirements and successfully completed the final teaching assessment.

It is recommended that during the course, you attend a yoga class with a teacher trained to deliver Yoga Nidra in the Bihar School of Yoga system.

Course Tutors

Claire Thomas and Hannah Penn are both experienced British Wheel of Yoga and Bihar School of Yoga trained yoga teachers, with over 40 years of teaching experience between them. Claire teaches under the name Padma Yoga, running her own studio in Lincolnshire before moving to West Yorkshire in 2019. Hannah is half of the much-loved Sheffield Yoga School team. Claire trained to teach Yoga Nidra with the late Swami Satyaprakash in 2007/8 and Hannah co-tutored a Yoga Nidra course with Sannyasin Amarajyoti in 2012. Both have marked and assessed trainee teachers over the last ten years.

Dates

Saturday 16th September (IP), 21st October (IP), 2nd December (OL), 13th January (IP), 17th February (OL) and 16th March (IP).

Venue

The Todfellows Space, Oxford Street, Todmorden, West Yorkshire OL14 5PU and online via Zoom.

Course Investment:

£695. A non-returnable deposit of £245 is required when you are accepted on to the course. The balance can be paid in two further instalments of £225, due on 1st July & 1st September. Full payment must be received by 1st September.

In addition to the cost of the course, you should allow a further £15 to cover the cost of Yoga Nidra recordings which will be used for home practice during this course. The final assessment costs £75, plus travel costs for the assessor.

There are 12 places available on the course.

Course Text

You will need a copy of the book 'Yoga Nidra', published by the Bihar School of Yoga.

How to Apply

The course is open to fully qualified and active yoga teachers. Participants are encouraged to practice Yoga Nidra on a regular basis prior to the start of the course.

To apply, please complete and return the application form to claire@padmayogahebdon.co.uk. Contact: 07443 602108.

The course tutors may conduct a brief telephone interview with prospective participants prior to acceptance on to the course. Once accepted on to the course, the deposit is due immediately.