

Hatha Yoga Teacher Training (HYTT) 300-Hour Program

Course Outline: Yoga Nidra

Elective Option – 5 Hours

COURSE DESCRIPTION

Yoga Nidra is a state of consciousness after deep relaxation where we can visualize and manifest how we would like this life to be - happy, calm, peaceful, healthy, successful, etc. Traditionally, we practice lying down in Savasana (corpse pose) for up to 60 minutes. Yoga Nidra elements can be incorporated into relaxation at the end of yoga practice. During a Yoga Nidra session we release our consciousness from the ties, habits, and tendencies of the physical body and allow it to connect to the Greater Whole and the energy of the path we wish to live. In scientific terms, we build the neuropathways to the response we wish in our physical bodies. Regular practice of Yoga Nidra strengthens those pathways and guides the physical body to the life we wish and overall well-being. We become the conscious-creator of our life.

LEARNING OBJECTIVES

1. Comprehend what Classical Yoga Nidra is and how it differs from meditation and lucid dreaming.
2. Gain a brief overview of the history, the benefits, and the science behind Yoga Nidra.
3. Know the principles and fundamentals necessary to incorporate Yoga Nidra elements into personal practice or yoga classes.

PRE-REQUISITE ASSIGNMENT

Listen to Dr. Marc Halpern's Q&A of popular questions on Yoga Nidra:

https://www.yogaalliance.org/About_Yoga/Article_Archive/Yoga_Nidra_with_Dr_Marc_Halpern

ASSIGNMENT

Attend at least 2 live Yoga Nidra classes at PranaShanti Yoga Centre to experience the relaxation – visualization – towards manifestation.

Note: a Yoga Nidra experience may vary each session depending on the energies the participant brings into the room. It is recommended to engage in at least two sessions to be able to compare the experiences and to be able to discuss what you have felt if you choose to share the practice with others.

ENROLLMENT

This course is open to the general public. 6 months to 1 year of regular yoga practice is recommended for participation.

COURSE COST

\$90 + HST