



## YOGA RESTORATIVE, TRAINING PART 2

Healing through: Yoga Nidra & Guided Visualization

### Training Module/Course Practical training, Personal & Professional development

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This course will train yoga teachers, and therapist interested in this area, to teach Yoga Nidra with confidence in a class setting, one-to-one and for a range of therapeutic applications. It offers a detailed exploration of the structure, content, history, development and function of Yoga Nidra. Providing a program with supported study and practice to develop personal experience, understanding and creative engagement with this most powerful healing yoga practice.

This module offers a comparative evaluation and investigation of different approaches to yoga nidra, exploring different traditional and contemporary forms of the practice, thus enabling students to make informed choices about the appropriate application of particular types of Yoga Nidra/Guided Visualization to meet specific needs.

The course is all about Yoga Nidra as a healing and transformative practice of *swadyaya (self-study)*, *pratyahara (sense withdrawal)*, *dharana (concentration)* and *dhyana (meditation)*. It addresses the therapeutic use of Yoga Nidra for healing and deep relaxation, as well as spiritual and personal growth by accessing and developing creativity and intuitive wisdom.



### BACKGROUND:

- ◆ Yoga Nidra is a powerful yogic tool for healing and transformation, which many health practitioners and yoga teachers would like to be able to use with confidence.
- To teach genuinely appropriate and helpful Yoga Nidra is a form of applied yoga therapy for which yoga teachers require specialist training.
- To administer sessions from basic relaxation to a more in-depth experience using scripts and Relaxation positions based on Yoga Therapy
- With the intention of encouraging students to make informed choices about the forms of yoga nidra most suited to themselves and their students and clients, this new course offers an evaluation of different approaches to and application of Yoga Nidra. The training has the unique advantage of offering considered evaluations and a wide context of understanding of yoga nidra, and relaxation techniques both by offering comparison with traditional schools and by Cathie McGill, who's personal practice and exploration over the past 20 years. Yoga Nidra is a technique a Yogic means. It is not an end. The means can be used to achieve various goals. In this course, we are attempting to give an overview of the wide and extensive sphere that Yoga Nidra can be used in as a therapeutic source. The technique can be used to bring about a fundamental change in the Physical, Mental and Spiritual improvement of one's life through self-therapy/inquiry.

## SUITABLE APPLICANTS:

- ◆ Yoga teachers, as well anyone wanting to incorporate restorative practices into their work and/or personal lives including serious yoga students, body workers, physical therapists, and health professionals in the field of body-mind medicine. You will require some knowledge and practice of Yoga and Meditation or Healing.

## AIMS OF THE COURSE:

- ◆ To provide a holistic, comparative, creative, investigative and sustained examination of the practical application of Yoga Nidra & Guided Relaxation in yoga classes, for personal use, and in one-to-one sessions.
- \* To enable yoga teachers and therapists, to use Yoga Nidra/Guided Relaxation safely, creatively and appropriately, in a class situation and for one-to-one sessions.
- \* To encourage an awareness of the breathing process and how to change the stress response using the breath and relaxation positions
- \* To develop a creative response, to the needs of clients and students, enabling teachers and therapists to create and tailor Yoga Nidra scripts appropriate to specific circumstance and requirements.
- \* To learn the four relaxation positions to induce The Relaxation Response.
- \* Learn how to access and apply energy healing to a group or individual
- \* Physiology of The Nervous system.
- \* Meditation, Self-Enquiry and Journaling.
- \* Practice teaching and facilitating sessions.

At the completion of the course you will be able to take a group or individual through several guided relaxation processes. You will learn how to set up individual sessions with a self-care plan. You will also learn about the breath and how this can be used to change various breathing patterns.

As stress and tension are reduced, healing & upliftment are encouraged for the person. The techniques can be used to bring about a fundamental change in the Physical, Mental and Spiritual improvement of one's life through mindfulness/inquiry/relaxation/meditation.

Yoga teachers and students love this training because they get to practice a lot of Restorative Yoga! They also get to feel what it's like to be nurtured and cared for in a Restorative class, to transform stress into stillness.

Teachers will be able to gain 25 CPD POINTS for this course.



Your teacher Cathie McGill: - Enjoying smiles on the Mat.

**Cathie shares with you in this course, a wealth of her studies, practice and application of Yoga, body therapies and energetic healing since her own healing journey began in 1994. Entering her 19<sup>th</sup> year of teaching Yoga & Meditation she has synergized a training course that is so much more than just Yoga. You can read more on the website.**

**Dates: - All Dates are available on the website: [www.spiritofyoga.com.au](http://www.spiritofyoga.com.au)**