

Part Two: Restorative Wisdom Training: ~ Spirit of Yoga Tm

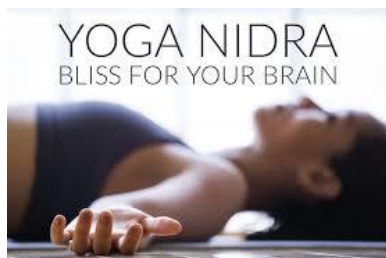


Healing through: Yoga Nidra & Guided Visualization Practical training, Personal & Professional development

This course will train yoga teachers, and therapists interested in this area, to teach Yoga Nidra/Guided Relaxation with confidence in a class setting, one-to-one and for a range of therapeutic applications. It offers both theory and practical training including 4 relaxation positions. The programme provides you 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 Visualisation to meet specific needs. It also includes physiology of the Nervous System, informative Breath work component and includes a fully comprehensive manual and practices.

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.
- ▣ To administer sessions from basic relaxation to a more in-depth experience
- ▣ 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 various forms 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 other approaches to the form (e.g. those presented by Satyananda yoga, Richard Miller and Martin Rossman, by Cathie McGill, who's personal practice and exploration over the past 20 years.) Yoga Nidra is a technique a Yogic means not necessarily a cure 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, nurses and health professionals in the field of body-mind medicine. No prior Yoga training is required however the applicant must have some Yoga and or Meditation practice experience.



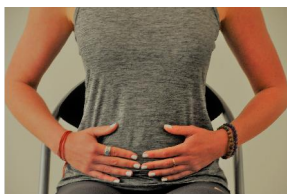
AIMS OF THE COURSE:

- ◆ 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.



INTEDNED LEARNING OUTCOMES:

- * Create and deliver Yoga Nidra scripts appropriate to the needs of themselves, their students from short scripts or longer.
- * Teach Yoga Nidra with an informed sensitivity to the emotional and spiritual experiences of those receiving the practice.
- * Teach a range of restorative yoga asanas/body positioning suitable for use during Yoga Nidra practice, or in a personal session with the additions/use of props.
- * Teach within the appropriate safety guidelines for this type of yoga practice
- * Contemplation/self-enquiry/journaling.



CONTENT: Outline of Topics Covered.

- * Yoga philosophy in relation to Yoga Nidra: Chakras, Koshas.
 - * Stress and relaxation, response /Nervous system physiology
 - * Restorative Practices: propping poses for Yoga Nidra.
 - * Settling the physical body: First stage of Yoga Nidra, language and other tools
 - * Sankalpa: resolution and intention setting, listening to inner guidance, creating and using sankalpa within and around Yoga Nidra
 - * Pratyahara: understanding of sense withdrawal
 - * Meditation in relation to self-enquiry and the relaxation response.
 - * Rotations of consciousness: a range of different effects, scripts and methods.
 - * Breath awareness/pranayama: specific use of therapeutic breath applications to support stress, pain management etc., and to support the practice of Relaxation.
 - * Visualizations: a range of different traditional and creative scripting options, contra-indications, appropriateness and therapeutic value
 - * Therapeutic applications: values and limitations of yoga nidra.
 - * Creativity and innovation: devising your own yoga nidra scripts; metaphor, poetry and grammar for enlightened communication.
 - * Self-development: support for self-reflection and growth
 - * Facilitate personal sessions/Develop Personal care plan
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RESOURCES AND TEACHING METHODS:

- * Books / articles: set texts for the course are Swami Satyananda Saraswati's *Yoga Nidra* and Martin I Rossman *Guided Imagery for self-healing*, both books are essential texts for the course. The course also includes relevant extracts from other texts and a manual of practices.
- * Group practices, one on one practices
- * Recordings of some of the practices of yoga nidra recordings selected and assembled by Cathie McGill.
- * Small group work: for discussion of controversial points raised in reading and practice
- * Partner/group work
- * Teaching practice: each student given opportunities to teach their scripts. Sharing and de-briefing of own experiences

TEACHING CONTACT HOURS

- * The course requires 20 hours contact hours of group tuition, plus 5 hours of theory and reflection assignments.
- * Daily schedule is, from Friday 1pm – 5.30pm Saturday and Sunday 9am until 5pm Saturday each weekend, this retreat style training facilitates deep engagement with the practice, and enables students to connect deeply with the application of yoga nidra in daily life, taking this course is actually 'living' yoga.

ASSIGNMENTS AND ASSESSMENTS

The theory module and reflection component are intended to support the development a deep personal understanding with the practice of Yoga Nidra/Visualisation/Healing and to empower the student with the practical skills, understanding to use and deliver the practice with confidence...

Comparative studies in Yoga Nidra:

- ◆ Before the first weekend meeting, all students become familiar with the two course set texts: Swami Satyananda Saraswati's *Yoga Nidra* and Martin Rossman's *Guided Imagery for Healing*

Props/equipment required:

You will be required to supply your own Mat, blankets and bolsters for the course, we have them available to order. If you are unable to supply any props please contact us prior to the course.

If you require any further assistance please contact us at 0418811747 or via the website: - www.spiritofyoga.com.au

Yours in Yoga,
Cathie (Mani) McGill