

## WHAT IS YOGA NIDRA?

Yoga Nidra is a technique of astonishing breadth and depth, stemming from the millenia-old Tantric practice of Nyasa. In 1976, the Bihar School of Yoga published a groundbreaking book that brought the healing and meditative insights of Yoga Nidra firmly into the modern era. Reflecting the latest scientific advances, Swami Satyananda Saraswati systematized Yoga Nidra into a highly adaptable, effective and accessible technique that has benefited millions of people worldwide.

Your instructors for this program trained directly in the Bihar School of Yoga lineage. Each module will provide you with a firm foundation of the classic practice along with access to the latest research and developments in this highly sought-after, evolving technique.

## CONTINUING EDUCATION

Yoga Alliance teachers earn 16 hours for each module with options to earn more! Attend in person for contact CEUs or live, via webinar, for non-contact CEUs.

These modules qualify for CPDs with YANA as outlined in their Accreditation Manual.

## ABOUT US

Dharma Kshetra Yoga was founded with the goal of providing high-quality, accessible Yoga resources to students of all abilities and levels of experience. Whatever your interest, our committed and exceptionally trained instructors are ready to support you in reaching your goals.

Atmadarshan Laura Santoro, E-RYT500, C-IAYT, AYT-L2, started training Yoga teachers in 2004 with the Yoga Academy of North America (YANA). She has worked and published in the field of psychiatry, and is particularly passionate about sharing Yoga Psychology and making the wisdom teachings of Yoga accessible to all.

Nityatara Cathy Prescott, E-RYT500, C-IAYT, NAMA, has been with Integrative Yoga Therapy since 2001, serving as faculty, mentor, and assistant for their 800-hour Yoga Therapist Training Program. She was also on YANA's staff from 2015-2017.

Both Atmadarshan and Nityatara helped develop and were instructors for YANA's Yoga Nidra Teacher Training Programs.

The yoga therapy components of our courses are based on our C-IAYT credentials through the International Association of Yoga Therapists, not derived from our status as E-RYT500 instructors with Yoga Alliance.

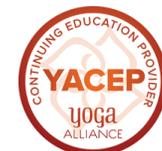
# Yoga Nidra Teacher Training 2019-2020



**Dharma  
Kshetra  
Yoga**

[DharmaKshetraYoga.com](http://DharmaKshetraYoga.com)

216.862.7463



# YOGA NIDRA TEACHER TRAINING - get the knowledge, experience and tools you need!

## Module 1

### Foundations of Practice

Everything you need to offer foundational 4-stage Yoga Nidra sessions and, when participants are ready, add the Sankalpa stages. Learn the theory and science behind Yoga Nidra, acquire the tools and practice to perfect your teaching skills, receive marketing materials, and take home a package for personal practice and reference.

## Module 2

### Advancing the Practice

Learn how to lead a full 8-stage Yoga Nidra and guided Meditations that will increase the value of your classes. Survey current scientific research and deepen your understanding of the subtle and psychological effects of practicing Yoga Nidra. Explore tools to refine your teaching skills and expand your marketing reach. Take home materials for advancing your personal and professional practices.

## Module 3

### Yoga Therapy Applications

Delve into the therapeutic aspects of Yoga Nidra. Explore the yoga perspective on dis-ease and review selected health conditions. Learn a methodology to adapt Yoga Nidra for specific needs and to create healing journeys. Distinguish how this practice is used in yoga classes, yoga therapy, and in other professions. Find your unique voice and teaching style while expanding your potential.

## TRAINING DATES

- IN PERSON, DISTANCE & OTHER OPTIONS AVAILABLE -

### October 26-27, 2019

ENROLLMENT DEADLINE: Oct 19, 2019 \*  
16 hours: 9am-6pm Eastern  
Prerequisite: None

### January 4-5, 2020

ENROLLMENT DEADLINE: Dec 28, 2019 \*  
16 hours: 9am-6pm Eastern  
Prerequisite: Module 1 or RPL  
(RPL: Recognition of Prior Learning is available for those who have completed YANA's SYN Teacher Training L1 or L2.)

### February 29 - March 1, 2020

ENROLLMENT DEADLINE: Feb 22, 2020 \*  
16 hours: 9am-6pm Eastern  
Prerequisite: Modules 1 & 2 and completion of the Yoga Therapy Track Workbooks (\$49 ea)

## COURSE TUITION

- ALL Manuals Provided -

NO Textbooks Required

**\$329 \*\***

FREE mentored student teaching, a \$108 value, when you register and pay for this module by Aug 31, 2019.

OPTIONAL Yoga Therapy Track \$49

\*\* CLE Yoga Teachers' Kula members: \$295

**\$359**

FREE mentored student teaching, a \$108 value, when you register and pay for this module by Nov 16, 2019.

OPTIONAL Yoga Therapy Track \$49

\* PLEASE NOTE: \$25 late charge for enrollments after the deadline.

**\$399**

DISCOUNT:  
register and pay for all 3 modules by Oct 27, 2019 - \$979.

*For a detailed course syllabus and more information, please visit [www.DharmaKshetraYoga.com](http://www.DharmaKshetraYoga.com).*