



# Yoga Nidra

**Yoga Nidra** is a deep form of guided meditation that systematically takes you through four brainwave levels on a journey toward **yogic sleep**. Studies show that one Nidra session translates to the equivalent of 2-3 hours of restful sleep. This practice is deeply restorative and healing for the mind, heart, body, and spirit.

## Learning Objectives of Yoga Nidra Certification:

- To equip qualified yoga instructors with a base of knowledge to integrate Yoga Nidra into their current class offerings.

**Training Hours:** 4 hr. in person workshop & 1 hr. mentoring & project evaluation/feedback

- Participate in a Yoga Nidra session – 45 minutes
- 3 hrs. information on:
  - History of Yoga Nidra
  - Science behind the practice
  - Benefits of Yoga Nidra
  - Elements of a Yoga Nidra Practice
  - How to incorporate Yoga Nidra into a fitness yoga environment
  - Yoga Nidra Script development
- 1-2 hrs
  - Homework project to be evaluated by [BreatheMoveBe](#), feedback will be provided

## Pre-requisite:

- Workshop participants will be required to hold a current fitness yoga certification recognized by SPRA.
- Minimum of 10 hours of Foundational Yoga instruction experience

**Cost of Training:** \$200.00 trainees will receive Yoga Nidra training materials