



YOGA NIDRA TEACHER TRAINING

40-hrs training

The journey of relaxation to higher awareness and exploring the senses and the elements

In this training you will be trained in
a step-by-step systematic and
scientific procedure of the Yoga
Nidra practice

Yoga Nidra is also known
as the 'yogic sleep'

This training is right for you!

During this 4-day training we will explore the connection between the different stages of consciousness and the relationship with the five senses. We will then move between the several layers of the mind and study the characteristics of the five elements. As the five elements relate directly to the five senses, you will understand both our happiness and suffering.

Moena will integrate the five elements into this Yoga Nidra training for a deep inner journey. During the practices and the theory we will dive into the layers of the mind where our awareness fluctuates from consciousness to subconsciousness, to deeper consciousness. The last one is the most subtle layer where our higher awareness can be revealed.



What you will learn

The **Nidra state of deep sleep** where our senses, intellect, and mind relax, is where we become free from the concepts of time, space and reason. When this happens, brain activity reduces and the body goes into a **healing state**. As the body enters this state of healing, we can purify toxins at a cellular level, refresh the mind and remove luggage from the subconscious.

Every day of this journey we will focus on a specific element. In our daily life we get an overload of information and incentives through our senses that cause us to feel tired, stressed, uninspired and even stagnated. Through understanding how **Yoga Nidra restores our senses**, the inner view gets clearer. We get to balance all the input that constantly comes in through the senses (smell, taste, sight, touch, hearing) which relate to the five elements: Earth, Water, Fire, Air & Ether. These five elements are interdependent transformations of consciousness, matter, and energy. They occur in the outside world but also inside of us. Each perception or sensation we experience is made out of a pattern of these elements.

Bringing the outer and inner world together in balance helps us to **understand our desires, habits and aversions**. It brings us in the present moment, which is the expression of living beyond suffering caused by a stored past or trauma.



For whom

This training is followed by yoga teachers who want to broaden their teaching skills. This training is also followed by therapists, psychologists, movement teachers, trainers, coaches and anyone who wants to learn more about the Yoga Nidra practice and how to guide others using this practice.

This training is also followed by people who are interested in the healing effect of Yoga Nidra and want to dive deep into this practice.



This training will provide you with

- ✓ A deeper understanding of the Yoga Nidra practice
- ✓ Understanding on how to integrate specific themes in an intelligent matter in a Nidra script
- ✓ The tools to create a well structured Yoga Nidra class
- ✓ Knowledge of the characteristics of the elements and how they control our behaviour and determine our spiritual development
- ✓ A profound insight into the relationship between the elements, the senses and the layers of the mind
- ✓ Science of the functioning of the brains
- ✓ Many relaxing yoga Nidra practices
- ✓ Breathing techniques to clean the energy body and prepare for yoga Nidra



Study load and certificate

After completing the **Yoga Nidra Teacher Training** you have the necessary knowledge and skills to teach a Yoga Nidra class.

The study load for this training is 40 hours including self-study.
There will be 32 contact hours.

Contact hours: 4 days from 09.30 - 17.30hrs (32 contact hours)
Study load: 40 hours (including self study and creation of own script)

Certificate

After completing this training you will receive the certificate 'Yoga Nidra Teacher Training (40hrs)' (Yoga Alliance Continuing Education)



Why choosing this training?

During this training participants will get trained in a step by step systematic and scientific procedure of the Yoga Nidra practice. You will learn how to create a well structured Nidra class, so you can integrate it in your teachings, and gain knowledge about sleep, dreams, and the controlling centres of the brain.

- ✓ You will learn from experienced and certified yoga teacher Moena de Jong
- ✓ This training can be financed with the STAP-Budget



Meet the trainer



MOENA DE JONG

'Moena teaches yoga the same way she loves to receive lessons: welcoming at all times, open to positive, transformative experiences. Aside from your unique individual experience of feeling more open and gaining a broader perspective of your possibilities, you feel the magic of a group synergy as the energy in class is uplifting.

Her quality is to make all unique and different individuals feel welcome and connected. Dare to be different and radiate in your weirdness is her biggest source of inspiration.

Moena is a certified yoga teacher at Yoga Alliance.



Contact

Do you have questions about this training?
Please feel free to contact us by e-mail or
telephone.

Tula Yogastudio's

e-mail: hello@tulayogastudios.nl

phone: 020-2044550

www.tulayogastudios.nl



Yoga Nidra Teacher Training 40hrs

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Amsterdam