



## YOGA NIDRA ONLINE TEACHER TRAINING COURSE

### CURRICULAM

#### Philosophy and Practical Application

- Welcome to Course
- Yoga Nidra Teacher Training Manual PDF
- Introduction to Yoga Nidra
- Philosophy of Yoga Nidra
- Different Approach to Yoga Nidra
- Yoga Nidra vs. Shavasana
- Stages of Yoga Nidra
- How to Start your Yoga Nidra Journey
- Setting Up & Preparing for Yoga Nidra
- Adapting Intuitive Self Practice
- Traditional and Modern Techniques
- Physical and Mental Benefits
- Intro to Chakras
- Five Layers of Body

#### Teaching Yoga Nidra

- Creating Base
- Passive Meditation
- Withdrawal of Senses
- Structure of Yoga Nidra
- Sequencing Tips
- Mindfulness Meditation
- Guided Yoga Nidra
- Mantras
- Role as a Teacher
- Teaching Tips
- Class Structure
- Holding Space
- Teaching Yoga Nidra
- Practical Assessment