



# Yoga Nidra Teacher Training

## March, 5<sup>th</sup> & 6<sup>th</sup>, 2022

### with Eva-Maria Hinterwirth



#### Continuing Education Hours

15 Contact Hours

3 Non-Contact Hours

#### Educational Categories

- Techniques, Training & Practice (TTP)
- Teaching Methodology (TM)
- Anatomy & Physiology (AP)
- Yoga Philosophy, Lifestyle & Ethics (YPLE)

#### Description

This course is designed for yoga instructors who wish to learn to teach Yoga Nidra, or for the curious practitioner who simply wishes to deepen his or her knowledge of yoga. This training will explore how the practice of Yoga Nidra can strengthen your mind-body connection through deep relaxation. In addition, this training also provides a comprehensive understanding of the Yoga Nidra format; its effects on subtle anatomy and how to create a beneficial Yoga Nidra class for your students.

During this training, we will explore the following topics through lectures, workshops and practice:

- Introduction to Yoga Nidra, the art of conscious relaxation
- The benefits of a constant Yoga Nidra practice
- The history of Yoga Nidra
- Teaching methodology: How to create a Yoga Nidra class, and how to express yourself and safely guide a Yoga Nidra class (tone of voice, cues, themes)
- Teaching methodology: The 10 stages of Yoga Nidra
- Anatomy & physiology: The central nervous system, proprioception and interoception
- Yoga Philosophy: Root and cause of suffering, Yogic tools to sustainably overcome pain and suffering
- Yoga Philosophy: The concept of the three bodies, the five sheaths (koshas), the concept of prana, nadis, chakras and granthis and how to address our deep and subtle energetic lines with Yoga Nidra.
- Develop the tools to facilitate a practice that leans towards holistic health and wellness
- Practice teaching a Yoga Nidra class



During the Yoga Nidra Teacher training we will explore the benefits of Yoga Nidra in different Yoga Nidra practices. You will experience different approaches to the Yoga Nidra practice.

As part of the training, you will:

- Receive a comprehensive manual that outlines the content and the topics covered in this course and offers different Yoga Nidra templates.
- Complete an assignment to reinforce learning and to deepen a personal experience.
- Participate in workshops and group discussions to explore our understanding of the different subjects.
- Have opportunities to practice teaching
- Receive a certificate upon completion of final assignment and 18 Continuing Education Credits through International Yoga Alliance (15 contact + 3 non-contact hours)

The course will be taught in GERMAN by Dr. Eva-Maria Hinterwirth, lead trainer of 200 hours and 300 hours Yoga Teacher Trainings at Feelgood Studio Vienna. Eva-Maria Hinterwirth is E-RYT500 (experienced registered Yoga Teacher 500 hours) and YACEP (Yoga Alliance Continuing Education Provider).



Students that are enrolled in our Townhouse Yoga 300 hours Advanced multi-style Yoga Teacher training do not have to separately enroll in this course.

#### Additional Information

Additional Schedule Details:

Saturday, March 5<sup>th</sup>, 2022 - 10:00-6:00 pm (Austria, CET)

Sunday, March 6<sup>th</sup>, 2022 - 10:00-6:00 pm

Each day will have a one-hour lunch break. In addition, there will be 3 hours of non-contact content in the form of readings and an assignment. Full attendance is required in order to obtain a Certificate of Completion.

€ 360

Registration and info:

[www.feelgoodstudio.at](http://www.feelgoodstudio.at)