



# 30hr Yoga Nidra Training

**30 NOVEMBER TO 2 DECEMBER 2024**

Immerse into the art of Yoga Nidra. Enlighten yourself on the science of profound conscious rest, and unlock the secrets of this sacred practice. Upon completion of the course, claim your certification and share your knowledge of Yoga Nidra with seekers across the globe.





This course covers a broad variety of aspects of Yoga Nidra including the main techniques, history and schools of Nidra and the immensely useful skill to prepare and deliver Nidra scripts.

Yoga Nidra is considered by some to be the meditative heart of yoga, where deep transformation is possible when we enter the enchanting space between waking and dreaming. As we traverse this space, a magical realm of endless possibilities unfolds, inviting us to explore the depths of our being. The emphasis is on empowering you to find **YOUR** authentic way of teaching Yoga Nidra and to obtain the knowledge to offer what is needed for different students.

With accreditation from Yoga Alliance (USA) and Yoga Alliance International (India), this course offers you a gateway to unlocking the power of Yoga Nidra.

*“Yoga Nidra is the yoga of aware sleep. In it lies the secret of self healing.*

*Yoga Nidra is a Pratyahara technique in which the distractions of the mind are contained and the mind is relaxed.”*

*~ Swami Satyananda Saraswati ~*



# About

## NATALIE ZEID



**500hr RYT & YACEP Hatha & Yin Yoga Instructor. 300hr Yoga Therapist certified by Yoga Alliance International. Pneumanity™ Advanced Breathwork Practitioner & Trainer.**

As a zealous lover of life, yoga and adventure, I have come to understand that life is about uncovering your passions, finding your flow and following your dreams. With a background in yoga, mindfulness, Breathwork and wellness coaching, I weave together all facets to create unique yoga classes filled with breath inspired movement and purposeful intention to help students reach their goals – on and off the mat. My greatest passion is authentically connecting with others and guiding clients with a sense of mindfulness, positivity and compassion. My deepest desire is to guide others along their personal path to wellbeing, uncovering their authentic selves and living a life of purpose, on and off the mat. Although I have lived in various places around the world, I am currently residing between Egypt & South Africa. As the founder of **TRUST** Yoga, I continue to share my love of international travel through leading yoga teacher trainings and wellness retreats around the world.

Having completed over 1000 hours of yoga training and many Yoga Nidra teacher trainings, I feel compelled to draw together all of the incredible teachings and insights I have learnt from the practice of Yoga Nidra. I have marvelled at the power of this practice to bring us back into a state of union and to go beyond the self to a deeper understanding of our purpose on this planet. The practice of Yoga Nidra is more relevant now than ever.



+27 82 523 2676



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[info@trustyoga.co.za](mailto:info@trustyoga.co.za)

# Curriculum

## WHAT YOU WILL LEARN

This training provides a comprehensive curriculum that equips students with the skills and knowledge to become confident and competent Yoga Nidra facilitators.

The course covers a wide range of topics, including:

- The main techniques and schools of Yoga Nidra and what they offer.
- Comparisons and exploration of different methods to see which works best for you and your prospective students.
- The history of Yoga Nidra.
- The Philosophy of Yoga Nidra.
- Ready made scripts in different methods.
- A treasure trove of ideas and scripts for teaching your own Yoga Nidra – as well as incorporating it in your own practice.
- A detailed look at each stage of the practice; the intention behind it and how it affects the body and mind.
- How to adapt your teaching for different students – modifications and contra-indications.
- Yoga Nidra and brainwaves.
- Understanding hypnagogia.
- The basic anatomy of the brain.
- States of consciousness.
- Energy bodies: Kosha study and practice.
- An understanding of Raja Yoga and the 8 limbs.
- How to write your own Yoga Nidra script.
- How to formulate a Sankalpa.
- The art of holding space.

# Certification

## CHECKLIST

In order to receive your certification for the 30hr Yoga Nidra Teacher Training you will be required to complete the following:

- Attend all 21 hours of in-person training in Dahab, Egypt.
- Read assigned parts of the books from the required reading list (this will be explained in detail once signed up to the course).
- Complete and hand in all assignments during the course.
- Deliver a 30 minute script to a partner as a practical exercise, during the training

# Daily Schedule

## WHAT YOU WILL EXPERIENCE

This is a rough idea of what your schedule will be for the 3 days of training, please note this may be subject to change.

30 NOVEMBER	AM Yoga Nidra (1 hour) AM Lecture & Practicals (2.5 hours) <b>LUNCH</b> PM Lecture & Practicals (2.5 hours) PM Yoga Nidra (1 hour)
1 DECEMBER	AM Yoga Nidra (1 hour) AM Lecture & Practicals (2.5 hours) <b>LUNCH</b> PM Lecture & Practicals (2.5 hours) PM Yoga Nidra (1 hour)
2 DECEMBER	AM Yoga Nidra (1 hour) AM Lecture & Practicals (2.5 hours) <b>LUNCH</b> PM Lecture & Practicals (2.5 hours) PM Yoga Nidra (1 hour)

## BOOKINGS



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# Price

COURSE ONLY

## 30hr Yoga Nidra TTC

340 USD

*(Early Bird booking discount of 20 USD off this price if you sign up and pay your deposit before 30 September 2024.)*

### Included:

- 21 hours in-person training.
- An intimate learning environment.
- Beautiful beachfront Yoga shala with all props provided.
- Personal guidance and feedback.
- Training manual.
- Light vegetarian lunch daily.
- Yoga Alliance (USA) and Yoga Alliance International (India) certification upon successful completion of all course requirements.
- Group support before and after the training.

(Payment plans & Egyptian Nationals rate available - please enquire)