Avana Yoga

YOGA ALLIANCE CONTINUING EDUCATION (YACEP)

YOGA NIDRA · NORTH WALES

50-Hour Yoga Nidra and Deep Relaxation Teacher Training

Three weekends of study in the traditional method, with modern research read alongside it.

WHERE	FEE	DATES
North Wales	£549	To be announced

REGISTER YOUR INTEREST

INTRODUCTION

Yoga Nidra is a practice with a method behind it.

Yoga Nidra is not sleep, and it is not a long final relaxation. In the tradition it is a systematic practice with a sequence, a purpose and a method, and it asks you to stay awake inside deep rest.

The form most teachers now know comes from the Bihar School of Yoga, founded in 1963, and from Swami Satyananda Saraswati, who systematised the practice in his book *Yoga Nidra*. Most classes borrow a fragment of it: a body scan at the end, a script read from a phone. This course teaches the whole method.

Over three weekends you will study it in order. We begin with *pratyahara*, the drawing of the senses inward, and with *sankalpa*, a short resolve made in the present tense at the start and again at the end. We follow the practice through to the careful return to waking awareness. Alongside this we read what modern research says about stress, sleep and the nervous system, and where that evidence stops.

You will leave with a personal practice, a script you have written yourself, and the experience of guiding others through Yoga Nidra while being observed.

Most teachers can read a script. This course is for learning why each line is there.

Who it is for

The course is for people who already practise yoga and want to teach Yoga Nidra with understanding, not only with a script.

Qualified yoga teachers who want to add a complete Yoga Nidra practice to their classes, workshops or one-to-one work.

Teacher trainees who have begun a 200-hour training and want depth in one subject.

Experienced practitioners with a steady personal practice, who want to study the method properly.

It is a teaching course. It is not a clinical or therapeutic qualification, and it does not prepare anyone to treat medical or psychological conditions.

WHAT YOU WILL LEARN

01 Where systematic Yoga Nidra comes from, and the principles behind it, including *pratyahara* and *sankalpa*.

02 How to guide the stages of a traditional Bihar-style practice, with pacing and language suited to the group.

03 The stress response, the autonomic nervous system and the stages of sleep, and where the evidence is limited.

04 How Yoga Nidra differs from NSDR, body scans, progressive muscle relaxation and guided imagery.

05 How to adapt resting positions, and facilitate with consent and sensitivity to trauma.

06 How to write an original script and teach it with confidence, safely and in your own voice.

Curriculum

01 Origins and history

Where Yoga Nidra comes from, the Bihar School of Yoga, Swami Satyananda, and *pratyahara*, the drawing inward of the senses.

02 Yogic philosophy

The Mandukya Upanishad and the states of consciousness, the five *koshas* (the sheaths of the self), and *sankalpa*.

03 Traditional methodology

Preparation, sankalpa, rotation of consciousness, breath, opposites, visualisation and externalisation.

04 Neuroscience of relaxation

Basic brain structure, the autonomic nervous system, the vagus nerve and the stress response.

05 Sleep and consciousness

Sleep cycles, EEG and brain rhythms, attention, and the limits of the evidence.

06 Modern relaxation approaches

NSDR, body scans, progressive muscle relaxation and guided imagery.

07 Safety and application

Rest and sleep, accessibility, trauma-informed choices, and what can and cannot be claimed.

08 Teaching methodology

Voice, pacing, silence, sequencing and script writing.

09 Practical teaching and assessment

Practice sessions, observation, feedback and the final teaching assessment.

10 Independent study

Reading, practice journal, reflection and script development.

FORMAT AND ASSESSMENT

Three weekends in person, in North Wales, from 12pm to 6pm each day. Between weekends you read, practise and write.

You will keep a practice journal, write an original Yoga Nidra script, complete a short knowledge assessment, and teach a session that is observed and given written feedback.

Successful completion brings the Avana Yoga Certificate of Successful Completion.

The training is recognised by Yoga Alliance for continuing education (YACEP) hours.

HOW WE TEACH IT

Traditional Yoga Nidra in the Bihar and Satyananda lineage is the heart of this course. Everything else is studied in relation to it.

Science sits alongside the tradition. We study the nervous system, sleep and research methods so that you can speak accurately and read studies with care. It is not offered as proof of classical claims about consciousness.

NSDR, Non-Sleep Deep Rest, is a contemporary term for deliberate rest practices. We compare it with Yoga Nidra and are clear about where they differ.

We do not say that Yoga Nidra cures or treats trauma, insomnia, anxiety or any other condition. We describe what the tradition holds, what practitioners commonly report, and what research does and does not show.

Avana Yoga is not affiliated with, endorsed by or certified by the Bihar School of Yoga, iRest or any other named institution. We study and credit their published work, and the course is taught under Avana Yoga's own name.

DATES, VENUE AND FEE

North Wales
Dates to be announced

Where: North Wales. The exact venue will follow.

When: Three weekends, 12pm to 6pm each day. Dates to be announced soon.

Fee: £549

COURSE FEE

£549

A payment plan is available.

REGISTER YOUR INTEREST

Do I need to be a qualified yoga teacher?

The course is designed for yoga teachers, trainees and experienced practitioners. Full entry requirements will be confirmed when the dates are announced.

How is the course assessed?

Through a practice journal, an original script, a short knowledge assessment and an observed teaching session. Each is marked against clear criteria shared at the start.

Will I receive a certificate?

Yes. Trainees who meet the entry requirements and pass the assessment receive the Avana Yoga Certificate of Successful Completion. The training is recognised by Yoga Alliance for continuing education (YACEP) hours.

Is Yoga Nidra a treatment for any condition?

No. The course teaches Yoga Nidra as a yoga practice. It does not claim that Yoga Nidra treats or cures any medical or psychological condition, and it does not prepare you to offer clinical care.

Is the course online?

No. It is taught in person, in North Wales.

REGISTER YOUR INTEREST

Yoga Nidra rewards the teacher who knows what each stage is for.

Register your interest and we will email you as soon as the dates are confirmed.

REGISTER YOUR INTEREST

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