

Yoga nidra, meditation and mindfulness

50 hour professional development course

One of six study modules on the Yogafurie 300 Hour Advanced Teacher Training

Everyday situations highlight the link between our state of mind and how we're feeling. When we're "triggered", we feel anxious.

As Yoga practitioners, we know that if we can calm our minds and breath, we'll de-escalate this tension. But how? And can we ever evolve beyond being "triggered" by external circumstances?

Mindfulness, meditation and Yoga Nidra are reliable techniques to regulate nervous activation: regular practice can lead to long term, positive change that breaks the cycle of triggering.

In this module, you'll explore all three in some detail. You'll learn

tools and techniques for your own practice. We'll look at ways to teach ourselves and others.

You'll emerge with a deeper understanding of how these methods affect human neurology and physiology.

You'll be better equipped to help yourself and others deal with the ups and downs of everyday life in practice and practice-focused ways.



This module is formally assessed. Upon successful completion of the study period and the assessment, you'll earn 50 CPD hours to add to your professional teaching profile. You can choose your method of assessment from these options:

- 1) Design a 3 hour workshop for Yoga asana practitioners that focuses on the study topics. You will need to submit your workshop plans, a selection of feedback from attendees, and a report describing how you integrated your new knowledge into the content.
- 2) Prepare a 3000 word case study describing how you've used your new knowledge and skills in an attempt to help yourself or someone else. Your case study will outline the initial conditions for your chosen subject: how this person was feeling, what did they consider to be their significant

challenges etc. You'll describe practices that you selected to assist them. This can include asana, but should feature mostly mindfulness and/or meditation and/or Yoga Nidra practices. You'll justify why you think these practices might help, and over what period they will be applied. Your case study will include a short report on the outcome: your candidate will describe how they now feel about their significant challenges and what - if anything - has changed for them. Your report will feature your personal conclusion: why do you think the stated outcome arose? What direction would you take your work in next? It doesn't matter if your candidate reports that the practices don't work: it's more important to look at the reasons why the outcome might have arisen, and state what can be learned from this.

Course dates

March 3-5 & April 15-16 2023

Course cost

£699. A deposit of £199 secures your space.

If you pay in full before the course starts, you get a £50 discount and pay only £649. Alternatively pay in two instalments of £250 plus your deposit - totalling £699

For more information or to register:

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