

Anahata Yoga Retreat

Golden Bay, NZ



2017 Yoga Nidra & Restorative Yoga Instructors Training Professional Development Retreat



Yoga Nidra & Restorative Yoga Instructors Training (Incorporating Basic Breathing Methods)

Yoga Nidra & Restorative Yoga Instructors Training course is designed as professional development for a range of health and education professionals. It offers an opportunity for those already trained in a specific discipline or those seeking a yogic immersion to gain additional skills to use in their work with clients and or students.

Professionals and those participating in this training will undertake theoretical and practical learning. This will enable practitioners to gain new skills to support clients to release muscular, mental and emotional tension and induce calmness and clarity for a range of life and, or health situations.

Key Practices for Inducing Deep Relaxation

Yoga Nidra, Basic Breathing Methods and Restorative yoga are key practices included in this training to reduce stress and anxiety, and engender feelings of relaxation and calmness.

Yoga Nidra

Yoga Nidra is a state of being in which the mind lets go of the external world and turns inward to reflect upon itself. It is a state of deep peace, clarity and acceptance. Yoga Nidra is a specific practice that gradually trains the mind to be able to reach that tranquil space effortlessly.

Yoga Nidra systematically releases tension experienced in the muscles, the breath, and the nervous system. Ultimately the practice works directly on the mind to release impressions from the past and anxieties about the future.

Basic Breathing Practices

These practices encourage optimal breathing patterns and correct poor breathing habits that may either depress or agitate the nervous system, mind and emotions. Basic Breathing Methods form one of the essential stages of Yoga Nidra and are effective tools for inducing calmness and clarity in any given situation.

Restorative Yoga

Restorative Yoga Includes gentle practises, movements and held postures that support the body for optimal functioning and all its systems. The benefits of restorative yoga include the dismantling of chronic tension patterns, enhanced immune function, effective cellular respiration, reduced hyper-tension in the cardiovascular system, reduced mental and emotional tension, a body-mind returned to a natural state of ease and equilibrium.

Yoga Nidra, Basic Breathing Practices and Restorative Yoga are used as Tools to:

- Release muscular tensions
- Release mental and emotional tensions
- Bring balance to the Autonomic Nervous System

- Develop awareness and mindful behaviour
- Encourage self-care and nurturing
- Improve memory and attention
- Enhance physical and mental learning
- Increase resolve and equanimity
- Train the mind in the initial stage of meditation (pratyahara)
- Deepen spiritual awareness

Applications in Professional Life

Practices taught in this training may be effective in the management of

- Anxiety
- Depression
- PTSD
- Addictions
- High Blood Pressure
- Heart Disease
- Chronic Fatigue
- Asthma & Diabetes
- Fibromyalgia
- Breathing conditions
- Neurological conditions and motor impairment
- Chronic pain
- Stress in teenagers
- Insomnia
- Digestive Issues

Practices taught in this training are beneficial for general health and wellbeing and may be beneficial for specific situations including:

- Times of acute stress
- Pregnancy
- Convalescence
- Incarceration
- Rehabilitation
- Educational settings

Course Delivery and Learning and Assessment

The course is offered as a Professional Development retreat and includes course work undertaken at home. This comprises a minimum of two months of personal practise combined with periods of instruction and theoretical study in both face-to-face and on-line learning environments. Once the foundations of personal practise are set, teaching methodology, skills and teaching practise are introduced, working towards a final teaching assessment.

Practical component

- Face-to-face and recorded instruction in
 - Yoga Nidra
 - Natural Breath Awareness
 - Natural Breathing Process
 - Abdominal breathing
 - Thoracic breathing
 - Full Yogic Breath
 - Breathing with a ratio
 - Postures to expand breath capacity
 - The 5 Elements of Restorative Yoga
 - Pawanmuktasana 1: Anti - Rheumatic Group
 - Selected practices from the Pawanmuktasana series 2 (Digestive Abdominal Postures) and Pawanmuktasana 3 (Energy Block Postures)
 - Relaxation Asanas and other Restorative Yoga practices

- Home Practise minimum 4 x 45 minutes weekly
- Mentored teaching practise
- Unsupervised teaching practise 20 – 60 minutes weekly
- Final teaching practical assessment

Theory component

- Face-to-face and on-line learning environments
- Lectures and resources on
 - The history of Yoga Nidra
 - Stages of the Yoga Nidra practice and the specific effects on the body, mind and emotions
 - Basic Breathing techniques
 - Restorative Yoga
 - Foundation Anatomy and Physiology of relevant body systems
 - Anatomy and Physiology applied to the different practices
 - Teaching methodology
 - Student /Teacher ethics and guidelines
 - Applications of practices to different groups and in varied work environments and situations
 - Home Study 1 – 2 hours weekly

Assessment Requirements

- Attendance of residential or workshop components
- Participation in group activities and assignments
- Home Study online quizzes, lessons and interactive forums
- Home Practice diary submitted fortnightly
- Supervised teaching practise
- Final teaching assessment can be arranged at one of our NZ yoga centres, with an accredited Yoga assessor. The option to submit a video on-line is available although not encouraged, unless essential, as constructive feedback from the assessor is limited in this situation.

Required reading

[Yoga Nidra](#) by Swami Satyananda Saraswati, [Prana and Pranayama](#) and [Asana, Pranayama, Mudra & Bandhas](#) by Swami Niranjanananda Saraswati. On-line reading materials including research on the effect of Yoga Nidra in different groups support this text.

Your commitment in a nutshell

- 9 days on site face-to-face learning + 125 hours total (Total of 3 months for full training package)
- Pre- Reading & Practises
- 8 weeks home study & practise, approx. 5 - 6 hours weekly
- Completion of on-line tasks to assess knowledge
- Minimum 4 x teaching practise sessions with family or friends
- Final teaching assessment

Course Intent

This course is designed as a professional development training for health and education professionals, participants with qualifications and or industry experience in disciplines such as: counselling; nursing or other health professions; client/student support, mentoring or referral; teaching or personal interest and training. It is also available to yoga teachers wishing to increase their training hours and or for aspirants wishing for full yoga immersion.

As Yoga Nidra works directly on the mind to release past impressions, instructors of the practice require the skills to give emotional support to students when needed.

Course Dates 2017

Venue: Anahata Yoga Retreat, Takaka, Golden Bay, New Zealand

Residential Component: 17-26 November, 2017

Online dates: immediately following residential

3 months training package: Module closes February, 2018

Recognition

On completion of the Yoga Nidra, Basic Breathing Methods & Restorative yoga Training, participants will receive a Statement of Attainment for these subjects.

This course is designed to be professional development for health and education professionals wishing to integrate these tools into their personal and professional life. It does not qualify you for accreditation as a Yoga Teacher.

Application Process

Email: yoga@anahata-retreat.org.nz and request an application form.

Once you have completed the application form, please send to: yoga@anahata-retreat.org.nz and your application and relevant qualifications will be considered.

Start Practising Now!

CD's available at [Anahata Yoga Retreat](#)

Contact us

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