



What is this course:

This intensive 5-day course (over 2 weekends) is a combination of both theory and practice of Yoga Nidra, allowing you to deepen your practice and personal experience, to understand the history, science and benefits of the practice and to develop all of the skills you need to teach Yoga Nidra. (You will receive 50 hours CPD accredited through Yoga Alliance Professionals)

The course is run over 2 weekends to enable the participant to reflect on their learning between the weekends and to complete the course assignments during this time. This is a 50-hour training course for the purposes of your Continuous Professional Development (please check individual requirements of your regulatory body – i.e. YAP, BWY, IYN etc).

This course is open to those who are not qualified yoga teachers. In this instance you will not be insured/qualified to teach this professionally, and will not receive a certificate, but you are welcome to attend the course to deepen your own knowledge and experience. For teachers wishing to gain the certificate for this course there will be additional pre-course reading hours, personal study and assignments to be completed.

Key Concepts of the course:

- History and development of Yoga Nidra
- The Science of Yoga Nidra

- The Philosophy of Yoga Nidra
- Classical and contemporary practices
- Benefits of Yoga Nidra
- Deepening your Yoga Nidra experience
- How to develop your own Yoga Nidra scripts

Who will be teaching me:

Dawn Wright is a Senior Yoga Teacher Yoga Alliance Professionals UK with over 15 years of teaching experience, and many more years as a Yoga practitioner, with experience in a wide range of Yoga traditions. She has been training Yoga teachers since 2012, and is known for her supportive, practical and informative approach to training. She provides training across the spectrum from teachers on their first Teacher Training course, to qualified Yoga teachers who want to expand their knowledge and skills.

What will the hours be:

50 - hour course consisting of:

9.30 - 5pm each day - 7.5 hours a day = 37.5 contact hours + 12.5 non-contact hours (pre-course reading and assignments)

Dates & Venue:

This course will run on 18th, 19th & 20th January 2019 & 9th & 10th February 2019 at Sandstone Yoga & Pilates Studio, Aldridge, WS9 8QP

Cost:

- Early Bird £525. This discounted price of £525 is only available when paid in full before 18th November 2018. A non-refundable and non-transferable deposit of £200 at time of booking will secure your place. The balance of £325 must be paid by 18th November to be eligible for the early bird price.
- £575 full price for bookings made after 18th November. This must be paid in full at the time of booking to secure your place.

How do I pay:

You can pay cash at reception, cheque to Sandstone Training Academy LTD or a BACS payment to Santander to: Michelle Nicklin - Sort Code 09 – 01 - 29 Acc No. 26939081 with reference: NIDRA SURNAME

Please email teachertraining@sandstone yoga.co.uk

Frequently asked Questions

Do I need to be a Yoga Teacher to do this course?

This course is open to those who are not qualified yoga teachers. In this instance you will not be insured/qualified to teach this professionally, and will not receive a certificate, but you are welcome to attend the course to deepen your own knowledge and experience. For teachers wishing to gain the certificate for this course there will be additional pre-course reading hours, personal study and assignments to be completed.

Does this count as further training for CPD requirements?

This course is run and taught by Dawn Wright. As a Senior Yoga Teacher with Yoga Alliance Professionals UK, your training hours can be used for CPD/further training recognition. Please check with your governing body (YAP, BWY, IYN etc) for their requirements.

What are the course commitments?

To complete the course, you must attend 100% of the course hours, and complete some reading and assignments (details of these will be supplied after booking).

What happens if I miss some of the course?

If you miss some of the course, then you will only receive CPD hours for the number of course hours you attended. If you wish to complete the whole of the course to full certification this may be possible by arranging a catch-up session with Dawn. Please contact her to discuss your personal circumstances. Additional costs will apply.

What happens if I need to cancel after booking?

Once you have booked your place it will not be refundable or exchangeable after 90 days from the start of the training with a 10% admin fee deducted. If you cannot attend the course for any reason, decide to leave the course/are unable to complete the course for any reason then after 90 days prior to the start date no refund or certification will be given.