

Discover the Power of Deep Relaxation with my 100 Hour Online Yoga Nidra Teacher Training Course

This Yoga Nidra teacher training course is an inspiring program enabling you to teach and share the deep relaxation and healing practice of Yoga Nidra.

The course is designed to provide a foundation for teaching Yoga Nidra skillfully, with compassion and awareness. The transformative health, mental and emotional benefits of this powerful practice will amaze you.

Why is Yoga Nidra so Popular?

Yoga Nidra is a fully guided deep relaxation and meditation practice that restores physical and mental wellbeing through the restorative powers of active rest. In a world of 'doing' this is a very powerful chance to explore 'being'; an opportunity to tap into the healing benefits of unplugging and letting go. The peace and freedom so many crave in this hyper-connected modern world can be found in this powerful tool.

The benefits of this practice are many:

Better sleep

Increased energy

Elimination of stress

Improved focus and productivity

Reduced pain

Freedom from mental chatter

Relief from anxiety

The deep and abiding sense of contentment and well-being that comes from a regular Yoga Nidra practice is so sought after in world of stress and confusion.

Gain the skills you need to share this deeply healing practice with others for health, healing and increased well-being. Your students will thank you for it!

Yoga Nidra Teacher Training Course

Overview

This Yoga Nidra teacher training course is an inspiring program that will take you on an amazing journey of self-discovery.

The online course will focus on all aspects of Yoga Nidra within a contemporary context and language.

This course presents an exclusive opportunity to grow, connect and contribute to your overall mission as a teacher and/or as a person.

The course is designed to provide a comprehensive foundation for teaching Yoga Nidra skillfully, with compassion and awareness.

Is This Course For Me?

This course is suitable for those wanting to deepen their understanding of Yoga Nidra – whether as a yoga teacher or not.

For those on the path of a teacher – this course will prepare you to teach and practice safely, successfully and compassionately.

For teachers and non-teachers alike – this experience is a wonderful journey on your path to greater self-awareness and understanding.

What Will You Get From This Training?

This course will provide you with a clear understanding of the healing power of Yoga Nidra, so that you can deepen your own practice, or share and empower your students. This course provides a well-rounded exploration of all aspects of Yoga Nidra, including:

- The origins of Yoga Nidra
- Enhancing your own practice
- Yoga Nidra and relaxation
- Yoga Nidra and meditation

- Becoming a Yoga Nidra teacher
- The techniques in Yoga Nidra
- Yoga Nidra and the Yoga Sutras
- Yoga Nidra as a pathway to Samadhi
- Yoga Nidra and tantra
- Chakras and nadis
- Yoga Nidra as prevention and cure
- Yoga Nidra for people with sleep disorders
- Pawanamuktasana series
- Mantras
- Yoga Nidra for children
- Planning and conducting Yoga Nidra courses
- Workshops and individual sessions

The Six Yoga Nidra Modules

- **First steps in teaching Yoga Nidra** – About the founder and his intention, the meaning of complete relaxation and the basic setup of Yoga Nidra
- **All the exciting theory behind it** – All the techniques that are included in Yoga Nidra, how to explain Yoga Nidra to students and what it takes to become a Yoga Nidra teacher
- **It's all about energy** – Raja and tantra yoga, chakras and nadis and more advanced practices
- **Yoga Nidra and health** – How Yoga Nidra can help with health issues and conducting individual Yoga Nidra sessions
- **Yoga Nidra, asanas and mantras** – Pawanamuktasana series, how to combine Yoga Nidra with asanas and mantras and Yoga Nidra for children
- **Finally: teaching Yoga Nidra** – Planning and conducting courses

Assessments

- Answer all knowledge and reflection questions of each of the 6 modules
- Keep a diary of your own Yoga Nidra practice for yourself
- Conduct an individual Yoga Nidra session with a person of your choice
- Record your own Yoga Nidra CD
- Write a program for a Yoga Nidra course and conduct the course

Marking

- Upon the receipt of your course fee I will email you the first module.
- Upon completion of the module, please email back the completed work as either is a word doc or pdf file.
- I will then return your marked questions with my comments. If there are questions to be re-done, you will be informed of this.
- The next module will then be forwarded to you by email for commencement, repeating the above until all modules are complete.

About your teacher

BARBARA KUNDIG

Barbara has been practising Yoga Nidra herself for many years on a daily basis.

She has conducted hundreds of classes and workshops on Yoga Nidra as well as many teacher training courses around the world.

Barbara is the author of a few German bestselling book on Yoga Nidra as well as many audios.

Please check out my book in English: https://www.amazon.de/Yoga-Nidra-Blissful-relaxation-challenges-ebook/dp/B072MH3F5H/ref=sr_1_5?_mk_de_DE=%C3%85M%C3%85%C5%BD%C3%95%C3%91&dchild=1&keywords=yoga+nidra+barbara+kundig&qid=1593761255&sr=8-5

Your Schedule

Your online yoga nidra teacher training is completely date flexible; as you study at your own pace, you make the decision when to begin and end your course.

PROGRAM: Online yoga nidra teacher training certificate

DATES: Customisable

DURATION: 6 – 10 Months

STUDYING HOURS: 100 hours

Your Training Investment

Your investment in the Yoga Nidra Online 100 hour course is USD 897.

To be paid by Paypal to: barbarakuendig@gmx.ch

Please contact me if you have any further questions!
I am happy to be your mentor on this amazing journey!
Love and light, Barbara
barbarakuendig@gmx.ch

