



### Logistics:

1. Our program will be Thursday to Sunday from 9am-1pm and 2-6pm, ending Sunday by 1pm. Schedules are attached.
2. Immersion and Certification and comes to a total of 70 hours including homework assignments in between the two segments of the training.

### Breakdown:

- 61 classroom hours
- The remaining 9 hours cover homework  
Homework includes: Recording yourself and self-evaluating your yoga nidra, guiding another in yoga nidra, putting together your own yoga nidra sequence using the Yoga Nidra cards you receive, preparing the final exam (introduction and delivery of yoga nidra designed for a specific population).
- 3. Yoga Alliance Approved for continuing education.
- 4. Full Certification Includes: Two manuals, 1 set of Yoga Nidra cards with option to receive Danish translation of cards.  
Immersion Includes: One manual

### Description:

#### **Yoga Nidra Certification Training**

#### Rewrite Your Life Sleeping & Reshape Your Destiny

I AM Yoga Nidra™ is an ancient sleep-based meditation technique that has the power to take you to the innermost, deepest levels of relaxation where you can be permeated by profound stillness and peace of mind. A forty five minute Yoga Nidra is said to be as restorative as three hours of sleep.

The practice not only benefits sleep problems, depression, anxiety, trauma, burnout, brain fog and other stress symptoms, it is also said to unlock higher centers of awareness and give us access to the core of our consciousness – the place where lasting shifts can occur.

This course has two parts. In Yoga Nidra I: Immersion we dive deeply into the philosophy and practice of Yoga Nidra including:

- In-depth instructions on how to practice Yoga Nidra
- How to understand and handle common Yoga Nidra experiences
- Yogic teachings on: the nature of the Self, Turiya, Koshas, Karma, Samskaras and Sankalpa.

# Yogimind

by Bente Ibsen

- Understand what is happening in the brainwaves during Yoga Nidra
- Guided instruction & experiences to develop your own intention
- Discover the structure of an I AM Yoga Nidra and how it works
- Practice powerful Yoga Nidra transmission with a Yoga Nidra script
- Includes guided Yoga Nidra two times per day

Rest, Restore and Rejuvenate the body in your own self care and self-development program. This first part may be taken on its own for those who do not want to go on to certification at this time.

**This course can be done alone or together with Yoga Nidra II. In order to attend Yoga Nidra II you must pass Yoga Nidra I.**

In Yoga Nidra II: Certification we go more deeply into science, practical applications and how research is verifying what Yogis have been saying for thousands of years:

- Understand what is happening in the brain during Yoga Nidra
- Learn how Yoga Nidra can be used to alleviate symptoms of Stress, PTSD, addiction, depression, insomnia and anxiety
- Discover cutting edge research on Yoga Nidra and meditation
- Receive your own Yoga Nidra card deck
- Learn how to create and tailor Yoga Nidra experiences for various needs
- Leave with a map for life, the skills to move your life in the direction you want to go and the ability to help others do the same.

## About Kamini Desai

For the last 25 years Kamini has created unique body of teachings combining the ancient wisdom of yoga with modern psychology.

Trained at Kripalu Center for Yoga and Health with degrees in Anthropology and Psychology from Smith College and La Salle University, and as daughter of one of the original yoga masters who pioneered yoga in the West, Kamini has served as Director of Wellness at Yarrow, an executive retreat center in Michigan, and on faculty of the Foxhollow Leadership Center.



She is now the Education Director and Core Curriculum Developer of the Amrit Yoga Institute; a cutting edge teaching center for advanced studies in eastern philosophy. She is one of three Founding Directors of the International University of Yoga and Ayurveda with Dr. Vijay K Jain, MD and Dr. Shekhar Annambhotla.

For further info see: <https://www.kaminidesai.com/>

Cancellation:

- I understand that I holding a spot so reservation are nonrefundable once purchased. If I am unable to attend I understand that I can transfer to a friend.
- Cancellation can be done by Yogimind in agreement with Kamini Desai with less than 20 participants or due to National COVID-19 restrictions
- If cancelled I will be notified minimum 21 days prior to first day of the first course date.
- Flight tickets are not refundable

#### **SAID ABOUT THE COURSE:**

“This is the BEST training I have taken anywhere, ever.” -G. Tibson

“This course should be required for every human. I am forever a better person.” - Karen

I looked around for the best Yoga Nidra training I could find and found this one. But even still, it exceeded my expectations. - Georgiann