

Desert Song Healing Arts
Advanced Yoga Nidra
March 8-11, 2018

amrityōga
i n s t i t u t e

10:30am-5:30pm daily
1-2pm lunch break
total 24 hours

Thursday March 8

10:30-10:45 Welcome, Overview
Review of Turiya
10:45-11:45 Mandukya Upanishad
11:45-12:30 Yoga Nidra
12:30-1:00 Receive Cards/Introduction to new cards

2:00-3:00 Koshas in Depth: Bliss Body
3:00-4:00 Yoga Nidra
4:00-4:30 Ego
4:30-5:30 The power of the wisdom body
Wisdom Body Exercise

Friday March 9

10:30-11:15 Mental, Prana and Physical body
Benefits of Yoga Nidra for koshas
11:15-12:00 Yoga Nidra: How to ask Wisdom body
12:00-1:00 Mahanirvana tantra

2:00-2:230 How blocks are created
2:30-3:15 Yoga nidra with EDT
3:15-5:30 Write up sequence with EDT --Where to use EDT in card deck
Show safe place and where to use it/practice
Practice leading EDT option 2 and 3, and Safeplace
Practice teaching
Time to put together cards
Homework: Put together your own sequence with new cards.

Saturday March 10

10:30-10:45 8 Limbs
10:45-12:00 Yoga Sutras
12:00-1:00 Yoga Nidra

2:00-2:30 Bapuji Science of Meditation
2:30-4:00 Emotional Integration Stages/Yoga Nidra Protocol
4:00-5:30 Deliver Yoga Nidra in pairs
Homework: look at kids cards

Sunday March 11

10:30-10:45	Review of emotional integration Pop Quiz
10:45-11:45	Yoga Nidra for Kids
11:45=12:30	Review Kids Cards
12:30-1:00	Lead Kids YN/Put together Kids sequence at lunch
2:00-3:00	Special conditions for Kids
3:00-3:30	Studies, how it is being used, how to get into schools
3:30-5:00	Pointers on leading Kids Yoga Nidra
5:00-5:30	Closing