



Kamini Desai, PhD



## Advanced Yoga Nidra Training - Part II

# Dive Deeper into Yoga Nidra

**March 8 - 11, 2018**

10:30 a.m. - 5:30 p.m.

Deserts Song Healing Arts Center

Open to all Amrit Method Certified Yoga Nidra Facilitators.

**To register, visit or call: [desertsongyoga.com](http://desertsongyoga.com) | 602-265-8222**

**All Sessions, Manual & Yoga Nidra cards = \$785. / 24 CE Credits**

Deposit of \$200 to secure placement.

This training, facilitated by Kamini Desai, PhD, is an excellent addition for psychologists, mindfulness practitioners, bodyworkers, yoga teachers, helping professionals, hypnotherapists and energy healers looking for complementary methods to serve their clients' needs. Delve deeper into the philosophy and psychology behind Yoga Nidra through study of ancient yogic texts. Apply Yoga Nidra as a tool for emotional integration. Learn to use the advanced card deck, explore children's Yoga Nidra and how it can be used with adults too!



- Study teachings from the Upanishads and more fully understand the Koshas.
- Learn about the nature of the Ego.
- Survey the Mahanirvana Tantra. Understand how the fundamental techniques of Yoga Nidra were derived and serve as the basis of modern Yoga Nidra.
- Study the Yoga Sutras and what they have to tell us about Yoga Nidra.
- Practice teaching many new techniques of Yoga Nidra including new body rotation sequences, breath techniques and visualizations.
- Learn how to give Yoga Nidra to kids.

You will learn how to use Yoga Nidra to more specifically aid those seeking solutions for emotional integration, trauma and other forms of energetic blockages. Learn how Yoga Nidra builds strong foundation of both health and self-connection for a developing child, and how it assists teens to manage pressure, increase performance and navigate the transition to adulthood.

**Kamini Desai, PhD is the Education Director of the Amrit Yoga Institute and the creator of the Amrit Method of Yoga Nidra training curriculum. Considered an expert in the field of Yoga Nidra, Kamini lectures and trains extensively throughout the U.S. and Europe.**

Our vision is to inspire you on your individual path to well-being.

**MIND • BODY • SOUL • COMMUNITY**

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[desertsongyoga.com](http://desertsongyoga.com)