



AMRIT METHOD Yoga Nidra Workshop Facilitator Program

Ready for the next step in your Yoga Nidra facilitation?

Learn to not only lead from the heart, but convey the essence of I AM Yoga Nidra practice through a masterful combination of words, reflection and experience. This workshop provides you with the skills and content to deliver a Yoga Nidra workshop in a weekend, day or evening format. We will show you how to deliver each module, building in principles of teaching and designing program content as we go along. With coaching on presence and delivery skills, you will have a chance to practice delivering modules to each other and leave empowered and inspired to take others deeper into the understanding of I AM Yoga Nidra.

When: September 11 - 13, 2018

Where: Sedona, Arizona

Tuition and supplies: \$595



Space is extremely limited and will be filled in the order registrations are received.

Registration opens April 1, 2018.

Name: _____

Cell phone: _____

Email: _____

Amount due: \$595

no refunds after July 1, 2018. Refund requests prior to July 1 will be processed in full less \$75 registration fee.

Pre-requisite: Please provide date you attended the Advanced Amrit YN training:

Please make checks payable to **Wellness 4 Life, LLC**

Mail to: Lynn Matthews 35 Rockridge Circle Sedona, AZ 86336