

YOGA NIDRA FOUNDATION COURSE covers

- Grounding to let go and feel secure
- How to relax the body and the mind
- Use of listening to switch off the mind
- Experience of opposites for equipoise
- Breath focus for letting go and going deep within
- Visualization for mind control and uplifting your moods
- Body scan for sensitizing awareness, energizing and healing
- *Sankalpa* - positive intention for achieving our life's aspirations
- *Ishta Devata* - spiritual symbol for connecting to our Higher Self
- *Chidakash* - inner mind screen - exploring the mysterious subconscious
- How to get good sleep with Yoga Nidra; How to stay awake in the Yoga Nidra
- Knowledgeable theory; easy, systematic practice; answers to all your questions
- 7 ½ hours over 5 sessions of deep Relaxation Meditation, Psychic Sleep, Yogic Dreaming
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YOGA NIDRA FOUNDATION COURSE Description (7 ½ hours over 5 sessions)

In the **Yoga Nidra Foundation course**, we learn about the importance of **awareness** and how to take it step by step from the outer world of sounds and activities, through the body and then the mind, to the subconscious. We learn **how to switch off and focus or harness the** mind by doing **body scan** in several different ways. We experience the marvelous effects of focusing on the **breath** and different ways of doing this and **how to use the breath to go deep within**, to relax, release stress and refresh ourselves. We learn **how to stay awake** as we make the inner journey to the **dream world** that is usually only experienced in deep sleep. In the **deep subconscious**, we explore and become familiar with our **chidakash, the inner mind screen**. We learn how to make and use a **Sankalpa or positive intention** and how powerful it is in achieving our life's aspirations. We learn all about **visualization** and how and what to visualize and also experience the other **inner senses**. We learn about the benefits and experience **opposite sensations**. We learn about the power of the **Ishta Devata, our favourite form or symbol** of the Higher Consciousness and how to recognize it and use it to **connect our Higher Self**. We learn how to use Yoga Nidra to **get good sleep**, to **release stress & anxiety**, to **boost the immune system** for self- healing, for **improving concentration & memory**, for tapping into **creative ideas** and solutions to problems, for deepening our **spiritual awareness**. We have the opportunity to interact with a highly experienced, sannyasin Yoga Nidra teacher and get **answers to all our questions**.

Please email swamiyogaradna@gmail.com for details, registering, other times.