



Total Yoga Nidra Teacher Training Program

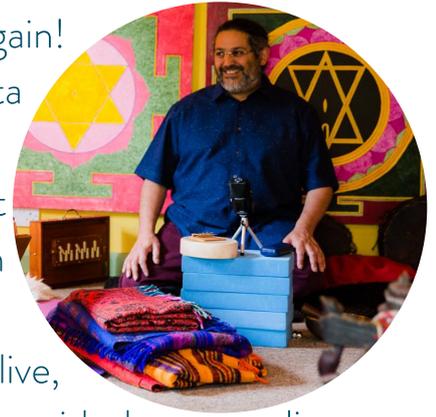
18-20 SEPT & 16-18 OCT 2020, AMSTERDAM - WEESP
with Nirlipta Tuli, Uma Dinsmore Tuli & Suze Retera



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Yoga Nidra Teacher Training Program

The Total Yoga Nidra Teacher Training is back in The Netherlands again! This year the training will be offered in two 3-day modules by Nilripta Tuli, Uma Dinsmore Tuli and Suze Retera. Due to COVID-19 the training will be offered in a unique format: we will gather in person at the event location. Suze will be present and share her teachings with you in person, while Uma and Nirlipta will be live-streamed and projected on a large screen so they can offer their teachings to you live, but from the safety of their own home. This due to the risk that come with them traveling from the UK at this point as travel between the UK and the rest of Europe is not recommended.



This training is designed by the founders of the Total Yoga Nidra Network Uma Dinsmore-Tuli and Nirlipta Tuli, who together have over forty years of experience of practice, teaching and working therapeutically with all forms and levels of yoga nidra, is a uniquely comparative and creative, experiential course. It offers both practical training and personal and professional development. Suze has been trained directly by and worked together with Uma And Nirlipta and combines her yoga nidra practice and teachings with her background in psychology, trauma healing and yoga.

Recognized by the Independent Yoga Network and the International Association of Yoga Therapists [IAYT]), this is a training course for all those who wish to learn to share yoga nidra in group and individual settings.

This course trains yoga teachers and others to teach and facilitate yoga nidra with confidence in class settings, one-to-ones, and for a range of therapeutic applications. Uniquely amongst yoga nidra trainings, it offers Total Yoga Nidra, a comprehensive, inclusive and non-dogmatic approach to yoga nidra that respects and explores not only a range of practice methods, but also acknowledges a variety of different levels of experience during yoga nidra.

Training Highlights:

- Encounter yoga nidra in its totality
- Explore the multiple forms and levels of this remarkable yoga practice



- Become empowered to deepen your own intuitive practice of meditative yoga nidra beyond the limits of standard trademarked and traditional forms
- Understand the full living range of different methods, lineages and levels of total yoga nidra
- Experience total yoga nidra as a living intelligence of the heart, an
- adaptogenic practice of deep healing and self-discovery
- Grow in confidence to share responsive and appropriate total yoga nidra practice with students and clients



What is Total Yoga Nidra?

Total Yoga Nidra is a comprehensive, inclusive and non-dogmatic approach to yoga nidra that respects and explores not only a range of practice methods, but also acknowledges and supports a variety of different levels of experience during yoga nidra. Total yoga nidra empowers you to encounter yoga nidra in its totality: as an adaptogenic meditative practice without limits in terms of its capacity to heal, nourish and liberate.

Most people who are familiar with yoga nidra have listened to some kind of pre-recorded audio track(s), but might not have had the opportunity to encounter the practice live from a teacher in a group setting; and although many people may have experienced a live group yoga nidra, where a teacher delivers a standard script to a group of students, this relaxing experience is very different from practising yoga nidra that has been specifically tailored for a particular individual, for example in a one-to-one setting. This experience in turn is different from the encounter with yoga nidra that comes during a practice that is co-created by teacher and student together, with the specific intention to meet the student precisely where s/he is right now, both in language and method of practice, and in terms of the level at which that practice can be most appropriately met.

And whilst all of these experiences of yoga nidra certainly bring huge benefits, an entirely different set of possibilities open up when yoga nidra is set free from the need to have any external auditory guide of any kind. At this level of self practice, the protocols for practice are so deeply familiar to the practitioner that when we simply lie (or sit) quietly, then the practice can be invited to unfold silently, in the voice of our own intuitive inner guide.



Training Highlights

In this course you will learn:

- to devise and deliver Total Yoga Nidra practices appropriate to your needs and those of your students and clients;
- a clear practical understanding of the structure and function of Total Yoga Nidra, including models of best practice, and techniques to be avoided;
- a practical understanding of the key principles of yogic psychology and philosophy relevant to the practice of Total Yoga Nidra;
- a contextual understanding of the development and history of Total Yoga Nidra across different lineages;
- to share Total Yoga Nidra with an informed sensitivity to the emotional and spiritual experiences of those receiving the practice;
- to teach a range of restorative yoga asanas suitable for use during yoga nidra practice;
- to teach within the appropriate safety guidelines for this type of yoga practice.

Topics covered include:

- Understanding the structure and variations in approaches to, and levels of, Total Yoga Nidra practice
- Clinical hypnosis, self-hypnosis and yoga nidra
- a full exploration of the relationship between these practices Further explorations in history and development of yoga nidra: nyasa, tantra, Satyananda Yoga, Himalayan Institute, Richard Miller, Swami Veda Bharati, Swami Jneshvara Bharati
- Deeper explorations of yoga philosophy and cosmology in relation to Total Yoga Nidra
- Exploring research on yoga nidra exploring the value of understandings from neuroscience, clinical psychology, psycho-neuro-immunology and physiology in relation to the function of yoga nidra, including stress and the relaxation response
- Restorative asana: refinements on propping poses for yoga nidra



- Sankalpa: resolution and intention setting, listening to inner guidance, framing and using Sankalpa within and around yoga nidra
- Breath awareness /pranayama: specific use within the structure of yoga nidra session, and to support the practice of yoga nidra
- Visualisations: a range of different traditional and creative scripting options, contra-indications, appropriateness and therapeutic value
- Creativity and innovation: devising your own Total Yoga Nidra experiences; metaphor, poetry and grammar for enlightened communication
- Responsiveness: tailoring script to needs of target populations, bespoke scripts: utilising client images in yoga nidra
- Self-development: sample practices, support for self-reflection and growth
- Dharana: yoga nidra as an aid to improve concentration
- Dhyana: yoga nidra as the meditative heart of yogaLiving yoga nidra: practical and effective integration of yoga nidra into daily lifeTotal yoga nidra as a therapeutic tool

Training Pre-Requisite

The pre-requisite for this Total Yoga Nidra Teacher and Facilitator Training is the Total Yoga Nidra Immersion Experience: comparative and creative forms of Yoga Nidra (previously known as the Foundation course). If you have not already done this, it can be completed as a nourishing weekend course at various locations – see our list of upcoming courses and workshops for dates, or it can be done as an Online course.

Pre-Course Preparation

For this teacher training, there is recommended pre-course reading and listening available for purchase by clicking on the the links below. Reading You are required to read the following three set texts (preferably before the start of the training)

- Swami Satyananda Saraswati's Yoga Nidra
- Richard Miller's Yoga Nidra: A Meditative Practice for Deep Healing and Relaxation
- Rod Stryker's The Four Desires: Creating a Life of Purpose, Happiness, Prosperity and Freedom Listening

You are required to listen to the Richard Miller Yoga Nidra CD that is included in the Richard Miller required text book.



Once booked on to the training you will be given access to the following pre-course required listening material via our website:

- Simply Calm Yoga Nidra – Nirlipta Tuli
- Space for Creativity Yoga Nidra – Uma Dinsmore- Tuli
- Yoga Nidra – Sw. Satyananda script recorded by Nirlipta Tuli
- Yoga Nidra – Sw. Muktidharma script recorded by Nirlipta Tuli
- Yoga Nidra – Rod Stryker

Having listened to the above 6 Yoga Nidras at least once before the start of the course, please write very brief notes on each of the tracks using the “Brief Nidra Review” document (access given on booking).

After the first part of the course you will be asked to review these yoga nidra recordings and write more detailed review notes on each using the form “Detailed Nidra Review” document (also given on booking).

Please know that the notes you take on your pre-course listening are not to be handed to the course tutors. The notes you make are intended to facilitate your understanding of what you have heard to help support small group discussions on the course. These notes are to be retained by you to support your capacity to analyse and discuss different approaches to yoga nidra with your co-students on the course. This is an important aspect of the training, so please bring your notes with you.

Additional Preparation

In addition, TWO WEEKS before the course start date please email Francis at studentsupport@yoganidranetwork.org the following:

- a brief account of your yoga training and/or experience, with particular reference to any prior yoga nidra experience;
- a brief account of why you want to do the course, what you hope to get out of it, and what you hope to contribute;
- a brief account of the yoga nidra which you have attended / observed, and any thoughts on its usefulness.

Coursework (During and After the Training)

Yoga Nidra script development project



Prior to the second part of the course, write a draft script for a fifteen minute yoga nidra which you are intending to use for yourself, or with your students or clients.

Feedback and suggestions on the draft to be provided by course tutors. Refine the script, incorporating feedback.

Case Study

To be completed by an agreed date either by the time of the final meeting or afterwards

A case study, conducted over four sessions of yoga nidra, based on the reactions of either an individual client (or self, if taking the non-teacher route) or a class receiving the yoga nidra. Case study can utilize the scripts developed during the course, or be based on other scripts developed by the student (full information given during the course).

Location

We are gathering at the beautiful van Houten church in Amsterdam-Weesp, only a 15-minute train ride from Amsterdam Central Station. The beautiful church has a wooden floor. During your lunch break, you can have a stroll along the picturesque canals and enjoy a lunch at one of the suggested location below, or enjoy your own home-made lunch.

How to Get There

St. Laurentiuskerk

Herengracht 16

Amsterdam - Weesp

For directions via Google Maps, please follow this link:

<https://www.google.com/maps/place/Herengracht+16,+1382+AE+Weesp/@52.3091698,5.0388749,17z/data=!3m1!4b1!4m5!3m4!1s0x47c60dbd1ac82629:0x7dcdb78e7b295f1c!8m2!3d52.3091665!4d5.0410636>

For directions with public transport, please find more information on www.9292.nl

From the train station, the church is a 5 minute walk

WHERE TO GO FOR LUNCH, COFFEE OR DINNER:

De Eendracht

Adres: Het grote plein 5, 1381 BE Weesp

Phone: 0294 22 43 43

More info: <https://www.deeendracht-weesp.nl/>

't Weesperplein

Adres: Slijkstraat 43, 1381 AZ Weesp

Phone: 0294 48 28 20

More info: <https://www.weesperplein.nl/>

't Heertje

Adres: Herengracht 22, 1382 AG Weesp

Phone: 0294 77 24 55

More info: <http://heertjeweesp.nl/>

Ons Backhuys (Lunch, coffee and tea VEGAN options)

Adres: Nieuwstraat 26, 1381 BC Weesp

Phone: 0294 77 28 81

More info: <https://onsbackhuysweesp.nl/>

Aaltje

Adres: Herengracht 33, 1382 AH Weesp

Phone: 0294 41 47 26

More info: <https://www.caferestaurantaaltje.nl>

La Base Pizza (Dinner only)

Adres: Nieuwstad 30, 1381 CC Weesp

Phone: 0294 41 23 40

More info: www.labasepizza.nl/

Passata (Dinner only)

Adres: Nieuwstad 22, 1381 CC Weesp

Phone: 0294 70 02 53

More info: www.passata.nl/

WHERE TO SLEEP:

Hotel 't Hart van Weesp

(10 -15 min walk from train station, 5 min walk to city center)

Adres: Herengracht 35, 1382 AH Weesp

Phone: 0294 41 93 53

More info: <https://www.hartvanweesp.nl/nl/>



Boerenhofstede de Overhorn

(car/ bike needed, 3,6 km from city center)

Adres: 's Gravelandseweg 50, 1381 HK Weesp

Phone: 0294 45 58 88/ 06 212 30773

More info: <https://www.overhorn.nl/>

Rederij voor de Wind - De Jacobsschelp

(Yes it is a boat! 10 min walk from train station and 5 minute walk to city center)

Contact: Bertie Geurts

Adres: Ossenmarkt 17a, 1381 LV Weesp

Phone: 0294 41 25 57/ 06 538 37929

More info: <http://www.jacobsschelp.nl/bed-and-breakfast/>

Boerderij Honswijck

(car/ bike needed, 4 km from city center)

Adres: Lange Muiderweg 30, 1382 LA Weesp

Phone: 0294 77 22 13

More info: <https://boerderij-honswijck.nl>

SOME AIRBNB OPTIONS

Cozy canal House

(15 -20 min walk from train station and 5-10 min walk tot city center)

<https://www.airbnb.nl/rooms/26880414?location=Weesp&adults=1&guests=1&s=FXQPveel>

Full apartment

(10 minute walk from train station and very close to` city center)

<https://www.airbnb.nl/rooms/7569340?location=Weesp&adults=1&guests=1&s=FXQPveel>

Private room/ studio

(15- 20 minute walk from train station and 5 min walk tot city center)

<https://www.airbnb.nl/rooms/9139438?location=Weesp&adults=1&guests=1&s=FXQPveel>

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Nice and cosy studio

(15 minute walk from train station and 5 min walk tot city center)

<https://www.airbnb.nl/rooms/27575684?location=Weesp&adults=1&guests=1&s=FXQPveel>

Nice, cosy apartment

(5 minute walk from train station and 5 min walk tot city center)

<https://www.airbnb.nl/rooms/7296394?location=weesp&adults=1&guests=1&s=1NNJ7NI>

What to Bring

Yoga mats and props are all available for you at the studio. All events organized by Global Flow are plastic free and sustainable. We ask you to keep this in mind when packing your bag.

Please bring the following items:

- A reusable water bottle
- Notebook and a pen
- Anything you need to be comfortable during all parts of the classes: warm socks, layered clothing so you can add or remove layers as needed, a scarf.
- Box for contact lenses if you wear them and eye drops
- Any medication you might need (inhaler, blood pressure medication)



The Schedule

Daily

Doors open: 9:00 hrs

Session 1: 9:30 - 13:00 hrs

Session 2: 14:00 - 18:00 hrs

Booking & Cancellation Policy

You can cancel your booking at any time and notification must be given to Global Flow in writing by sending an email to: info@globalflow.org

Regardless of the reason for the cancellation, the cancellation fee will be calculated as follows:
Notification received more than 60 days before the start of the event: 30% of the full fee + €25 administration fee.

Notification received 31-60 days before the start of the event: 50% of the full fee + €25 administration fee.

Notification received less than 30 days before the start of the event: 100% of the full fee.

Global Flow reserves the right to cancel the retreat if fewer than 10 participants have signed up by 15 February 2020. In such circumstances the participants will be informed promptly and registration monies will be reimbursed. Any travel or accommodation costs will not be reimbursed.

Please read the booking policy and cancellation policy on our website to make sure you are fully informed of all conditions.

