

Join Nina Rashid for a 20 hour Yoga Nidra teacher training at Calm Collective Sidcup and Bexley.

This 2-day IN STUDIO course comprehensively covers a broad variety of aspects of Yoga Nidra including the main techniques and schools of modern Yoga Nidra and the immensely useful chance to prepare and practice Nidra scripts.

We bring an open non-dogmatic look at all the main modern schools and what they offer, from the classical schools to the more modern ones.

This is an interactive course where you are encouraged to ask questions and get support before, during and after the course, with a chance to practice teaching with expert constructive and supportive feedback. We will be teaching and practicing in a very safe, nurturing and encouraging environment. You will master the art of creating and leading transformative, relaxing Yoga nidra sessions, helping your students to destress, find a sense of peace and inner balance. This course offers a unique opportunity to also cultivate your own meditation and Yoga Nidra self-practice, fostering a deep connection with your inner self and body.

This course will include a mixture of lectures, discussions and practical work.

It is open to yoga teachers with a 200 hour training who want to further their knowledge and teach yoga nidra confidently, but this is not mandatory.

Our course welcomes diverse individuals – yoga and movement teachers, therapists, and healthcare providers – all drawn together to share Yoga Nidra's profound benefits.

We will cover;

History and philosophy

Understand the science behind Yoga Nidra.

How to teach Yoga Nidra in individual and group settings

Different styles of Yoga Nidra, using music, sound

How to develop the right voice and script

Evidence-based benefits of Yoga Nidra on the mind and body

Safety guidelines

Your own practice

Tips for creating recordings

Teaching different various communities

**Nina has been teaching yoga, meditation, breathwork and yoga nidra for 26 years and is a senior teacher trainer with Yoga Alliance Professionals. She teaches various styles from intense Bikram classes to calming somatic flow, restorative yoga and yoga nidra and meditation. Nina has facilitated several trainings, including the 200 hour CC training, hot yoga training, yin yoga training and Accessible/Inclusive training. She teaches with compassion and from the heart and she offers a therapeutic and supportive practice suitable for all levels, ages and abilities.**

Date and Time-

Place- Calm Collective studio Sidcup/Bexley

**5th April and 19th April 2025.**

Price £275, early bird pricing by **28th February 2025**, £250, deposit £100.

Calm Collective teacher graduates get a £50 discount.

8am till 6pm daily, including 1 hour lunch break and shorter breaks.

Wear comfortable clothing. Props will be available.

Sample schedule:

Day 1: yoga nidra practice, lecture, discussion, yoga nidra practice. 2/3 case studies as assignment, yoga nidra practice.

Day 2: yoga nidra practice, questions, discussion, yoga nidra practical homework, graduation.

