



TRANSFORMATIONAL SLEEP

YOGA NIDRA TEACHER TRAINING



AWAKEN WHILE YOU REST DEEPLY

THANK YOU FOR YOUR INTEREST IN OUR TRAINING

I am so excited that you've downloaded this information package. As the head faculty of this training, my intention is to provide an in-depth and thorough experience. My highest intention is that our trainees gain the true knowledge of this practice so they can guide from an embodied wisdom of Yoga Nidra and teach through the power of transmission.

This training is designed to foster true transformation through the potent teachings and tools of Yoga Nidra. Trainees will learn and understand both the current science and ancient roots of this practice. They will gain the skills to create unique and authentic scripts that come from their hearts and explore the tools to share those scripts far and wide.

I created this training in response to the demand for a unique and in-depth experience. Many existing Yoga Nidra programs are more like weekend workshops and don't offer practice teaching, feedback, or unique script creation. These often lack depth and leave participants without sufficient practice, understanding, or confidence. All too often they send their trainees on their way with handful of generic scripts that they are meant to read word for word. That is not what this training is.

I believe that transformed people transform the world, and Yoga Nidra is a powerful tool for creating healing, peace, and a brighter future for our planet. It is my highest intention to create a peaceful impact on this world and there's no greater way for me to fulfill this than to teach others to create peace within themselves through their own dedicated practice and then spread that peace into their communities through their sharing of Yoga Nidra.

The Transformational Sleep Yoga Nidra Teacher Training was born from this calling to serve and to create a peaceful impact that ripples out into the world one Yoga Nidra Teacher at a time.



Ally Boothroyd, Online Program Director

MENTAL HEALTH PROFESSIONALS

Yoga Nidra has the power to transform your therapeutic practice with clients. Learn about the profound impact that our therapists are having within their communities.



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Toby Oliver, Clinical Psychologist

TRANSFORMATIONAL SLEEP GRADUATE

"As a therapist and grief counselor, I have integrated Yoga Nidra tools into my practice, using them with 80% of my clients. The techniques help significantly in managing their anxiety and stress, which has been transformative for both my practice and my clients' wellbeing."



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Marlo Keenan LPC, GC-C, CMIP

TRANSFORMATIONAL SLEEP GRADUATE

"Learning about inner refuge has provided my clients with a safe mental space, crucial for navigating their trauma recovery. Offering my clients a sanctuary for emotional healing and helping them anchor into peace amid life's storms."

“

Simon Wright, Social Worker

TRANSFORMATIONAL SLEEP GRADUATE

"Yoga Nidra has been a cornerstone in my approach to trauma therapy. The structured breathwork and meditation practices have dramatically improved the intervention strategies I can offer, leading to significant client progress."



WATCH THE FULL TESTIMONIAL VIDEO

OUR FACULTY



ALLY BOOTHROYD, E-RYT 500 KRIPALU TEACHER

Ally is a yoga educator and meditation teacher with a passion for Yoga Nidra and the healing power of conscious rest. Over the past decade, she has helped millions of people to calm, balance and restore their nervous systems through her yoga teacher trainings, retreats, workshops and recordings on Youtube. Ally is dedicated to inspiring depth, creativity, healing and wellbeing by sharing the most potent tools from a variety of yogic traditions. She brings an openhearted, inclusive view to her teachings, which are a rich blend of Kripalu Yoga along with Classical Hatha Tantra, Yoga Psychology, Amrita Living Yoga and a variety of styles

of Yoga Nidra. Ally's path has been one of healing from anxiety, depression, panic attacks and insomnia through the ancient science of yoga, particularly Yoga Nidra & Restorative Yoga. She brings in the wisdom from ancient traditions and the most recent scientific studies to her trainings.

There is nothing she would rather do than share these precious tools with the world through empowering others to skillfully bring these effortless & powerful practices to their students, clients & loved ones. Ally has been a faculty member of a variety of teacher trainings over the years and is the Co-Director to the School of Living Yoga (200 & 300 Hour Embodied Wisdom Yoga Teacher Trainings) and the creator/director of Transformational Sleep Yoga Nidra Teacher Training, and Co-creator/director of Moon To Moon Restorative Yoga Teacher Training. She's apprenticed in trainings with a variety of Faculty of the Kripalu Centre for Yoga & Ayurveda as well as Ashley Turner of Yoga Psychology.

Ally has been working alongside Tiina Kivinen directing trainings for over a decade and facilitating online trainings together since the beginning of the global pandemic in 2020. They have both been awakened to how profound and deep online trainings can be. Ally has been practicing yoga Nida for over 2 decades and guiding it in Canada and abroad for over a decade. She has acted as the assistant to facilitate 5 day Yoga Nidra retreats at the Kripalu Center and she has apprenticed under 3 different Master Teachers in the art of facilitating Yoga Teacher Trainings which is vital to creating the safe container for deeper learning (and unlearning) to unfold.



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Alexa Tomaszewski

TRANSFORMATIONAL SLEEP GRADUATE

"As a yoga instructor and meditation guide I was interested in taking my teaching practice deeper particularly in terms of guided meditation. I had practiced Yoga Nidra before and was curious about it. I have known Ally for many years and her wise and invitational nature made the course an easy choice. I had no doubt this program would be trauma informed and culturally appropriate - and it exceeded my expectations in this way. Ally's fusion of teaching ancient Vedic techniques and neuroscience really illustrates the purpose and power of a regular yoga nidra practice, as well as honours it's cultural roots."

APPLY NOW!

FILL OUT THE ONLINE APPLICATION

OUR FACULTY

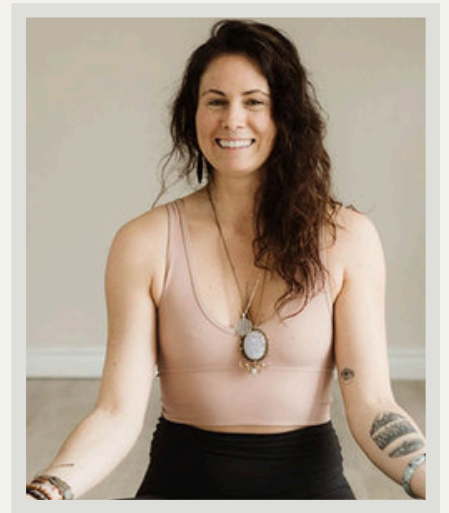


TIINA KIVINEN, E-RYT 500 KRIPALU TEACHER

Tiina is the Co-Director of the School of Living Yoga 200 & 300 hr Embodied Wisdom yoga teacher trainings, and has been teaching yoga for over 20+ years in Canada and abroad. She loves leading trainings, retreats and workshops that tap into the deeper practices of Yoga. She has acted as Assistant Director and has been on faculty of teacher trainings at the Nosara Yoga Institute, and Kripalu Centre for Yoga and Health. She has studied Hypnotherapy, Yoga Nidra, Ayurvedic Yoga, Prenatal Yoga, Yoga Dance, Trauma Sensitivity, and more. She also brings wisdom from her masters in counselling psychology and how to augment sessions with Yoga Nidra in a therapeutic setting. Our therapists & social workers in the program love having Tiina as a mentor they can connect with each week.

KRISTYN ROSE, RYT 200 EMBODIED WISDOM TEACHER

Kristyn was drawn to the therapeutic benefits of Yoga after years of competitive gymnastics left her in need of healing her physical body. She completed her 200 hr YTT in with Ally & Tiina in 2015 with an intention to deepen her own personal practice, but a love for teaching quickly blossomed and has been guiding others ever since! She has also completed her Yoga Nidra and Restorative Yoga Trainings with Ally and combined, these trainings have taught her how to show up for herself every day, how to move through life's changes and challenges with grace, and to ask the bigger questions. She openly shares her story of how yoga has transformed her life. In a world that is disconnected and not conducive to slowing down, she longs to share the medicine of deep rest with others! It's a blessing to have Kristyn as our Community Manager for the Nidra Training.



CHARLIE GATES, SOUND MEDITATION TEACHER

Charlie has been working with sound and teaching sound meditation for over a decade but their sonic education started a long time ago as a professional musical theatre performer and the study of sound and music in a theatrical setting. They studied sound therapeutics with teachers throughout North America as well as India (Svaram, Auroville).



It is deeply important to be educated on the gross and subtle aspects of sound meditation and to have a solid foundation to work with vibration for yoga Nidra specifically including music that is appropriate for Yoga Nidra practice. We are honoured to introduce Charlie as our wonderful guest teacher inside of module 7 and they have so much magic to share with you on sound meditation!

CREATORS

This training experience has the potential to positively impact your personal life, creative life and professional life in ways you might not expect...



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Gail Boorstein Grossman,
Author: Restorative Yoga for Life

TRANSFORMATIONAL SLEEP GRADUATE

"I didn't realize how profound this work would be. It pervades all that I am doing. Helping me to go deeper in my life and in my teaching! I honestly think it is one of the best trainings I have ever done."



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Dennis Hollström,
Musician & Sound Meditation Teacher

TRANSFORMATIONAL SLEEP GRADUATE

"On a personal level, cultivating a sankalpa, inner refuge and writing down my karmic patterns has helped me tremendously. I've noticed that it also has affected my work. I'm feeling more confident regarding my path."

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Rosalie e'Silva,
Youtube Creator: RosalieYoga

TRANSFORMATIONAL SLEEP GRADUATE



"This training has been life-changing on many different levels. I attribute the marketing workshop with Ally and the clarity it gave me for the exponential growth of my Youtube channel. Thank you for your generous sharing Ally!"



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Elke Johnson

TRANSFORMATIONAL SLEEP GRADUATE

"Thank you, Ally and Tiina for this beautiful course. You provided our sangha with such a safe container throughout the very informative lessons and you also created so much space for individuality and expression to flourish and grow so that we may all continue to offer transformational yoga nidras that are original and heart-felt to each of us. I loved your teaching style and the pace and rhythm of this course and how interactive it is with all the partnership and encouragement. Thank you again for such a beautiful learning experience."

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WHAT SETS OUR PROGRAM APART?

Lifetime Access: Participants receive lifetime access to course materials and community support, providing ongoing value beyond the initial training period.

Weekly Live Zoom Connection Calls: Engage directly with mentors and peers in our 5 ongoing connection calls Monday through Friday, delving into practice teaching to gain skills and confidence: an important element that many courses overlook. (optional)

Flexible Learning Environment: Combines weekly live connection opportunities with access to a comprehensive library of resources for self-paced study, accommodating various learning styles and schedules across all time zones.

Global Community: Students join a worldwide community of practitioners, which fosters networking, support, and shared growth.

Expert Leadership: Led by Ally Boothroyd, a seasoned practitioner with over two decades of experience, providing deep insights and knowledgeable guidance as well as our esteemed faculty including Tiina Kivinen, Kristyn Rose & Charlie Gates

Comprehensive Curriculum: Covers a broad range of topics from foundational concepts to advanced techniques in Yoga Nidra, ensuring a well-rounded understanding.

Daily In-Depth Support: Our supportive Facebook community is a source of daily inspiration and connection, fostering a shared journey of learning and growth. (optional)

Personal and Professional Transformation: Testimonials from graduates highlight significant personal and professional growth, attesting to the program's impact on improving practitioners' lives and careers.

Innovative Techniques: The training integrates modern scientific understanding with traditional practices, enhancing the effectiveness and relevance of the teachings.

HOW IT WORKS

This training is delivered fully online through accessible self-paced video lessons, pre-recorded Yoga Nidra practices, homework assignments & practicums (practice teaches)

There are 10 core modules which are accessed through our Thinkfic online classroom portal. This information package includes an in-depth look at the lessons within each of the 10 modules. (Note: there is an 11th module for special workshop replays that happen each month that is a growing library of resources.)

Each module has pre-recorded Yoga Nidra practices to support your learning and integration of the subject matter you will explore in each module. The practices range in length (and background sounds/voice only guidance) and there is a minimum of 5 practices required for each module.

The homework assignments start small (Module 1 is simply to receive guidance from a partner/peer in the training) and revolve around your practicums (practice teaches) that begin in Module 2. This course eases you into practice teaching, starting with a 1 page body scan script that you read to a partner, gradually guiding you into your own script creation and then finally a full 11 step, 30 minute practice teach that is uniquely your own.

There are 5 weekly calls with our mentors on Zoom to support the entire process (& find peers to practice on) as well as a vibrant and enthusiastic Facebook Community where trainees connect and share and post their inquiries from all around the globe.

QUESTIONS ABOUT THE PROCESS? CHECK OUT OUR FAQs AT THE END



WHAT DOES THE CURRICULUM COVER?

MODULE ONE

CHANGING STATES OF CONSCIOUSNESS

- What is Yoga Nidra?
- Ancient & Contemporary Yoga Nidra History - Where Does It Come From?
- What is the Difference Between Yoga Nidra and Meditation?
- What Does the Word Yoga Nidra Mean?
- Diving into the Foundation of Primary Sankalpa
- Your Future Self - A Primary Sankalpa Inquiry
- The 5 Maya Koshas as Foundational Knowledge of Yoga Nidra
- The 4 Stages of Sleep
- The 5 Brain Waves as they relate to Sleep, Meditation & Yoga Nidra
- The 4 States of Consciousness from the Yogic Perspective
- Sleep Paralysis - What is it?
- Lucid Dreaming - Another Unique State of Consciousness
- Out of Body Experience - Astral Projection - A Unique State of Consciousness
- How to Support Your Students through Unique States of Consciousness

MODULE TWO

ANNAMAYA KOSHA & THE ROTATION OF CONSCIOUSNESS

- Sankalpa Meditations - Strengthen Your Resolve
- What is the Rotation of Consciousness? How to Skillfully Guide it
- Annamaya Kosha - A Deep Dive into the Food Body
- How to Set up the Physical Body - Savasana (Asana Clinic)
- How to Set up the Physical Body - Supported Savasana (Asana Clinic)
- How to Set up the Physical Body - Fetal Position (Asana Clinic)
- How to Set up the Physical Body - Supported Dandasana (Asana Clinic)
- Annamaya Kosha Scripts for Practicing

MODULE THREE

PRANAMAYA KOSHA - PRANA DHARANA

- What is Pranamaya Kosha & How Do We Guide this Phase of Nidra?
- Introduction to the Nadis - How Do They Relate to the Nervous System?
- The Energetic Heart Centre - The Electromagnetic Field of the Heart
- Introduction to the Prana Vayus - What are the Five Winds?
- Introduction to the Chakras - a Contemporary Look at the 7 Chakra Model
- Introduction to the Nervous System - How to Activate the Parasympathetic Division for Optimal Relaxation
- Pranayama Clinic - Dirgha Pranayama
- Breathing Clinic - The Physiological Sigh
- Pranayama Clinic - Ujjai (Ocean Breath)
- Pranayama Clinic - Sama Vritti
- Pranayama Clinic - Kumbhakas (4-7-8)
- Pranayama Clinic - Brahmari
- Pranayama Clinic - Chandra Bhedana & Psychic Chandra Bhedana
- Pranayama Clinic - Nadi Shodhana & Psychic Nadi Shodhana
- Pranayama Clinic - Kumbhakas and Other Breathing Techniques
- Pranamaya Kosha Scripts for Practicing



APPLY NOW!

FILL OUT THE ONLINE APPLICATION



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Rebecca Hardy

YTT GRADUATE

"This course is a well organized journey deep into the mind. With the support and knowledge of Ally and Tiina, a plethora of knowledge and guidance is offered to aid a yogic and scientific learning curve, while offering a chance to heal the self. I highly recommend the training, whether your goals be that of self healing and growth, sharing the experience with students, or anywhere in between!"



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Alexandra Caulfield

YTT GRADUATE

"Ally and Tiina have created an in-depth Yoga Nidra course, their knowledge, skill, enthusiasm and dedication to their craft, and to their students was clear throughout the course. The confidence they inspire in their students, not only through the knowledge they impart, but through praise, kindness and understanding, ensures each student has the tools to take this unique practice out into their communities. An amazing experience, both personally and professionally, I'm excited and proud to take everything from this course forward into my life and yoga career."



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Tara Shaw

YTT GRADUATE

"When I think of Ally and Tiina and the Yoga Nidra training, the following words come to mind....authentic and aligned, ability to share and express heart felt knowledge, a compassionate approach with genuine care and interest in others, honest, inspiring, creative, committed to becoming part of each students developmental process, approachable, and capable of sparking and guiding people through real transformation on many levels. "

MODULE FOUR

MANOMAYA KOSHA - ASRAYA & BHAVANAS

- Introduction to Manomaya Kosha - What is the Mental/Emotional Body?
- Asraya: The Inner Refuge - Find Your Emotional Resilience
- Positive Bhavanas - Cultivating Somatic Feeling Tones in the Body
- Polar Sensations - How to Guide Opposites in a Safe Way
- Four Aspects of Mind from the Yogic Perspective
- The 3 types of Consciousness from a Contemporary Context
- Trauma Informed Yoga Nidra - Creating a Safe Experience for Your Students
- How Yoga Nidra Changes Your Brain & Body - A Dive into Neuroscience
- Manomaya Kosha Scripts for Practicing

MODULE FIVE

THE LAW OF KARMA & PRATIPAKSHA BHAVANA

- Overview of Manomaya Kosha as it Relates to the Law of Karma
- Samskaras - What are these Little Grooves?
- The Law of Karma - Understanding Karma Changes Everything
- Workshop - How to Work with Karma Worksheet Downloads
- Karma - How Does It Really Work?
- How to Create Secondary Sankalpas
- Pratipaksha Bhavana - Diving into Sensing Emotions
- How to Work with Emotions
- Practice: Feeling Emotions (A Feeling Versus A Conceptual Emotion)
- What are Common Polar Sensations & Emotions?

LISTEN TO MORE TESTIMONIALS

CHECK OUT MORE REFLECTIONS & YOGA NIDRA SAMPLES
FROM OUR GRADUATES ON OUR YOUTUBE CHANNEL

MODULE SIX

VIJNANAMAYA KOSHA - BUDDHI CONSCIOUSNESS

- What is Vijnanamaya Kosha?
- Ashtanga Yoga - The 8 Limbs & the Limbs of Meditation
- Disidentification versus Disassociation
- Limiting Beliefs & The Second Arrow
- Guiding Vijnanamaya Kosha - Imagery, Visualization & Chid Akasha
- Symbols, Stories and Metaphors in Yoga Nidra
- Experiencing Subtle to Dense Practice
- How to Guide a Journey Creative Writing

MODULE SEVEN

ANANDAMAYA KOSHA - PASSIVE SAMADHI & NADA NIDRA

- What is Anandamaya Kosha?
- 2nd Yoga Sutra - Stilling the Thought Waves
- Guiding Anandamaya Kosha
- Speaking to Anandamaya Kosha
- Introduction to Sound Meditation Instruments
- Sound & Yoga Nidra with Charlie Gates
- How Sound Works with Charlie Gates
- Playlists & Recorded Music with Charlie Gates
- Supportive Sound & Instruments with Charlie Gates
- Congruency & Flow with Charlie Gates
- Crystal Bowl Sound Meditation with Charlie Gates
- How to Use Your Voice & Language: Projection, Directives and Pacing

MODULE EIGHT

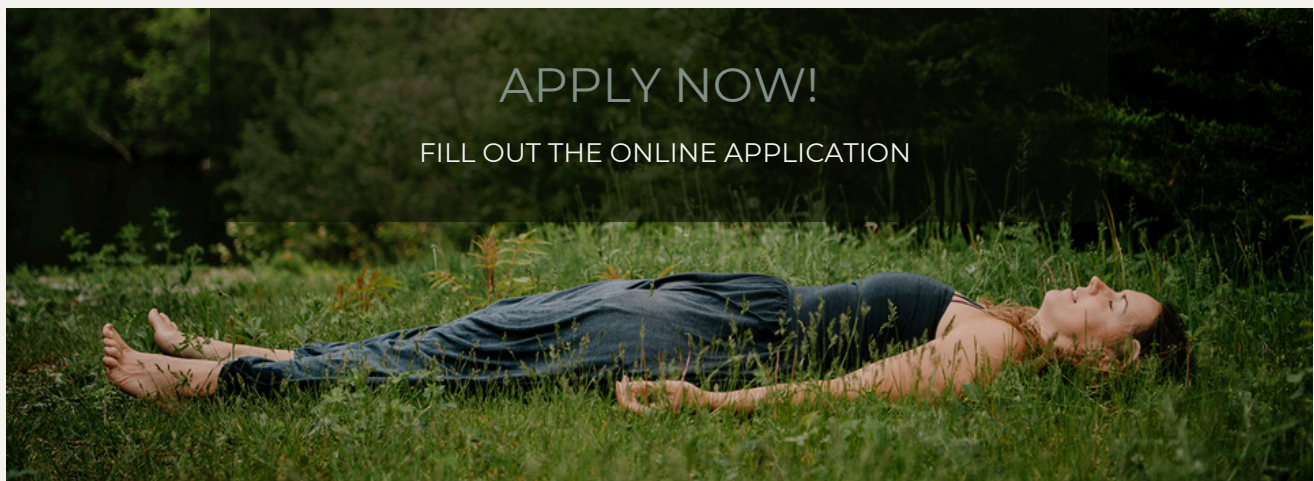
THE ELEVEN PHASES OF TRANSFORMATIONAL SLEEP

- What are the 11 Phases of Transformational Sleep?
- How to Guide Phase One
- How to Guide Phase Two
- How to Guide Sankalpa Phase
- How to Guide Phase Nine
- How to Guide Phase Ten
- How to Guide Phase Eleven
- How to Create Your Unique & Authentic Script
- How to Guide from the Heart

MODULE NINE

TEACHING YOGA NIDRA ONLINE & RECORDING & DELIVERING DIGITALLY

- Low Tech Recordings and Lives on Facebook & Insight Timer
- Recording & Editing Equipment & Equipment Lists
- How to Record a High Tech Yoga Nidra
- How To Set Up & Record in Adobe Audition
- How to Edit a Recording in Adobe Audition
- How to Edit a Video in Adobe Premiere
- How to Upload a Recording to Youtube
- How to Upload a Recording to Insight Timer
- How to do a Facebook Live Yoga Nidra



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Ru Henry

YTT GRADUATE

"My expectations for learning have been far exceeded. There is so much extremely relevant information and it is so well presented and sequenced in a very thoughtful way."

“

Mary Powell

YTT GRADUATE

"This comprehensive course provides the perfect balance of science, practical and spiritual knowledge, required to support myself and others. I am forever grateful to Ally and her team for the breadth of knowledge and wisdom they have given our group."

“

Stephanie Triemstra

YTT GRADUATE

"Ally touches my life and opens up a space of connection, comfort & acceptance every time I take a training with her. I feel a shift, an awakening & inspired at her depth of knowledge regarding the brain, being a business owner & so honest & authentic about her past history of how Yoga Nidra helped transform her life. I would highly recommend this teacher training to everyone - yoga teachers, non yoga teachers, nurses, moms & anyone who is breathing on this earth. The blessing that Ally is to this world cannot be put into words "



APPLY NOW!

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MODULE TEN

SPECIALIZED YOGA NIDRAS

- Yoga Nidra for Kids
- Yoga Nidra and Accessibility
- Yoga Nidra for Trauma



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Thank you for taking the time to download and read our information package. If you would like to apply to the training the next step is to fill out an online application (link below).

Should you have any questions please check out our **pages of FAQs below**. Or you may like to book an application call with someone on our team in order to apply & speak to someone before joining the program. We'd love to get to know you before you join the training community.

Ally Boothroyd

BOOK A CALL WITH KRISTYN ROSE

BOOK A CALL WITH LAURA

BOOK A CALL WITH EMMA

FILL OUT THE ONLINE APPLICATION

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What is the investment for the tuition of the training?

There are two options, one is to pay in full the tuition of 1447 USD or you can choose the payment plan option which is 275 USD over 6 months. We do strive to make the training accessible to those who may be experiencing financial hardship for any reason at all. You can learn more about that in the FAQs.



APPLY NOW!
FILL OUT THE ONLINE APPLICATION

ONE
PAYMENT OF
\$1497 USD

OR

SIX
PAYMENTS OF
\$275 USD

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How do I apply?

There are two options, you can book an application interview with Kristyn Rose, Emma or Laura in the page above this or you can fill out an online application. If you do not have any questions about the training, then online application is the quickest approach.

FREQUENTLY ASKED QUESTIONS

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How long does it take to get through the entirety of the training?

The training is go at your own pace and life-time access. There are 10 main modules and an 11th module with a growing library of replays from our monthly workshops. On average it takes 2-4 weeks for trainees to complete one module. Though some trainees complete all 10 modules in 20-40 weeks time, we honour that other trainees need a more spacious approach that can be a year or longer to complete all of the lessons & assignments. Then trainees are welcomed to continue to come to the monthly live workshops on specialized topics and explore module 11 at their own pace.

“

What if I can't come on the Zoom Calls?

That's ok! These Zoom calls are to supplement the training but are not necessary for completing the program. We do encourage you to come as often as you can because they are valuable for learning. But there are other ways to ask questions to our mentors (Facebook/Email) and there are other ways to connect with your peers and practice teach on your own time!

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How long do I have access to the training?

You will have lifetime access to the training which which continues to grow in value as more resources are created over time. You will also have access to live workshops & private Facebook community for life.

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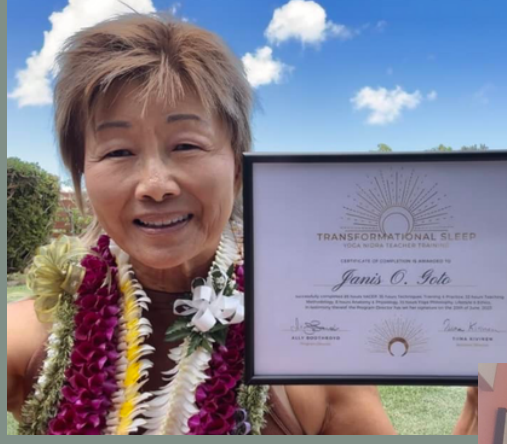
What if I don't have Facebook?

That's ok! The Facebook Community is not mandatory at all, it's just another way for trainees and mentors to connect and share resources, answer questions, share reflections, post inspiration, etc.

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Do I get a Certificate for completing the training?

Yes! Once you have completed all required assignments you will get a beautiful Yoga Nidra Training certificate and be eligible for continuing education credits with Yoga Alliance for 100 hours of CEU. Check out some of our proud graduates below!



FREQUENTLY ASKED QUESTIONS

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Do I get to be mentored live by Ally or connect with Ally live in the training?

There is access every week, twice a week to live guidance and mentoring on our mentor calls on zoom with ALL of the training mentors: Ally, Tiina and Kristyn Rose. There are also more mentors that help run our connections calls: Jacob, Emma, Laura

“

When are the Live Mentor Calls?

The Live Mentor Calls on Zoom are Thursday Evenings at 7pm EST and Friday Afternoons at 1pm EST. (There are also 3 connection calls on Mon, Tues & Wed)

“

What if I'm in a different time zone?

We have trainees from every corner of the globe: Americas, UK, Europe, Africa, Asia, Australia and the Live call times do not always fit into their schedule. If you cannot make the live calls, you will have the opportunity to meet other peers in the Facebook community and practice with a partner in real time on zoom at a time that fits your combined schedules.

“

What is the time commitment per week?

This is very flexible depending on your lifestyle and other commitments. This truly looks very unique for each person.

The main priority that we encourage is your own Yoga Nidra practice every week (practicing 3-7 days per week) with prerecorded sessions at your own pace.

There is also the opportunity to come on a 90-minute mentor call on zoom once per week or a 45 minute connection call once per week (this is optional).

Each module 3-5 hours worth of short pre-recorded lessons (average of 10-15 minutes per lesson). There is also homework for each module which is a practicum assignment (practice teaching) with a partner.

Partner work can take place on one the 5 weekly live zoom calls, or trainees can find a partner in the Facebook community and practice on their own schedule OR they practice on a loved one at home.

It's going to depend on your unique circumstances how much time you dedicate to the training per week.

FREQUENTLY ASKED QUESTIONS

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Is there a practice teaching component?

Yes! We believe so much in the power of practice teaching to build the skills to hold space, the confidence to guide others and the embodied wisdom that comes with lots of practicum. There are mini practice teach assignments in each module that can be completed with partners via zoom (either on the weekly live calls or on your own time). This will build the skills and confidence for your final 30 minute practice teach in module 10. When you reach the final couple of modules of the training we have an empowering and inspiring practice teach component where you will experience your peer's 30 minute practice teaches as well, this is a highlight and favourite part of the training for so many graduates.

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When does the training begin?

The training begins when you are ready to apply and begin your deep dive into Yoga Nidra. We accept a small group of trainees each month on an on-going/rolling basis. These spots in the training are limited so it's good to apply at least a month in advance to get your desired start time.

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Do you have a scholarship program?

Yes, it is extremely important to us that this training is accessible to anyone who is passionate about guiding yoga Nidra in their community. We offer a partial scholarship to a portion of our trainees who feel inspired to serve others through the power of Yoga Nidra practice but don't feel they can make the investment in the full tuition. You can inquire about our scholarship program in your application process! If you are interested in our BIPOC scholarships, LGBTQ2S+ scholarships, student or senior scholarships, scholarships for those who are working with underserved populations, or if you live in a country where the exchange rate is unfavourable. Please let us know in your application process so that we can let you know what options are available.

NOTE: We no longer offer full scholarships as we have learned over time that trainees need to have a financial commitment of some sort in order to feel compelled to complete the whole training. This training is in-depth and takes heart to complete.