

Kathy Julius Yoga Trust

Scottish Charity Number SCO35978

Yoga Nidra Course

This is a certificated course provided by 'The Bihar School of Yoga and the Satyananda Yoga centres UK and Eire' and taught by Swami Nirmal Saraswati, London Satyananda Centre. The course is run in conjunction with the Scottish Satyananda Yoga Network.

Venue: Aberdeen Yoga Centre, Bon Accord Square, Aberdeen

Dates: Saturdays 2010 - 11 September;
9 October; 6 November; 4 December;
2011 - 22 January; 19 February

Cost: £420 The course will run provided at least nine students enrol.

Prospectus and application forms: Jim Fraser jim.fraser@virgin.net 01356 622397

The course is open to qualified yoga teachers. Daily personal practice and the completion of home assignments is a required part of the course.

The course was run in Glasgow in 2009. Please read the account below written originally for the Scottish Satyananda Yoga Newsletter, Sept 2009.

Reflections on the SSYN Nidra Course 2009 Glasgow

"Yogo Nidra - the Blissful Relaxation
Nidra means sleep. Yoga nidra means sleep after throwing off your burdens.
When awareness is separate and distinct from the vrittis,
When waking, dream and deep sleep pass like clouds,
Yet awareness of atma remains,
This is the experience of total relaxation.
Relaxation is to be blissfully happy.
Sleep gives only mind and sense relaxation.
Bliss relaxes the atma, the inner self:
That is why in Tantra, yoga nidra is the doorway to Samadhi."
Swami Satyananda Saraswati

I began the Yoga Nidra course in January with Swami Nirmal who has the loveliest hypnotic voice and calm presence. On our first day we were given a CD for home practice. We attended the course one Saturday a month for six months. The days included mantra, pranayama, asana and yoga nidras as well as discussion and lectures on the various aspects of the practice. Each class Swami taught us how to build up the elements of teaching our own yoga nidras. We learned what was appropriate to use with different types of students. Each month we had homework, which comprised reading, daily personal practice of yoga nidra, some written work and making a recording. Having the correct technology was helpful. I used an MP3 player to record my yoga nidra into and it was easy to transfer this onto my computer and then burn it onto a CD. Some students used cassettes recorders or preferred to write their own scripts. The first homework was a short recording and each month it would become a little longer and include more sections. Swami Nirmal would return the homework the following month with written and advice.

I learned that using the yoga nidra regularly can get rid of any deep rooted burden, especially if you use a Sankalpa or positive affirmation. You can achieve your heart's desire in time. The most difficult part of the course was not falling asleep in the yoga nidras! Managing to practise every day in a busy life too took a bit of adjusting to, but we all got used to this. We became familiar with preparing the students and using: a sankalpa, rotation of consciousness, breath awareness, opposites, visualisations, yantras and externalising symbols. We discussed research on how yoga nidra can alleviate, prevent or cure some medical conditions such as stress and heart conditions.

There were eleven students in the group - all yoga teachers from around Scotland with diverse experiences. On the last day we presented Swami Nirmal with a beautiful picture of roses embroidered by Fiona Clarence which we had had framed. The course was a wonderful opportunity to enhance my own personal development and to pass on this lovely practice to others. I am grateful to everyone who made this possible.

Ann Gilbody.