

2017 Yoga Nidra Training and Certification Course 2 Weekend Seminars + flex hours – See Schedule Page for Dates

*Cost: \$1,450 Register Early to Reserve Your Seat
Previous Yoga and Meditation experience is not required*

The cost for one seminar is \$199/\$179 early if not taking it for credit.

*Program is designed and taught by Ema Stefanova, M.A. E-RYT500, Member IAYT
Yoga Alliance Continuing Education Provider Since 2002 www.YogaAndMeditation.com*

*You will learn the authentic Yoga Nidra as originally systematized and taught
by Swami Satyananda Paramahasa, the father of modern day Yoga Nidra. We have
been directly trained in the method. You will experience healing, personal growth,
and refinement in your practice.*

*Mastering Yoga Nidra will make your meditation (Dyana Yoga) effortless. Satyananda
Style Yoga Nidra is excellent for deep work on oneself and helping others heal.*

*Individuals who may have taken other Yoga Nidra –likes such as i-Rest and other
“Yoga Nidra” knock-offs will experience the difference, and find out what the
imitations lack and why they are less efficient or do not work.*

Topics include theory and practice in the:

Importance of systematic awareness and relaxation training in yoga and meditation

Satyananda Style Yoga Nidra and how it works

- origins, history and present day Yoga Nidra*
- how the practice is structured and its key “ingredient”*
- Yoga Nidra vs. hypnosis: similarities and differences*
- postures for Yoga Nidra (not only Shavasana!)*
- progression and special populations applications*

What happens in the brain during Yoga Nidra?

Other Pratyahara practices

Visualisation as prescribed by tradition: the what, the how and the why

Therapeutic applications for anxiety, stress management and self-healing

*Upon successful program completion, students will be issued a Certificate.
Teachers registered with the Yoga Alliance earn Continuing Education hours.
Yoga Nidra Certification Course counts as one module toward earning a
RYT200, and RYT300 Teacher Certification with our Yoga Alliance registered
school RYS200, RYS300.*

*To register please, fill out and send the application form with payment.
www.YogaAndMeditation.com*

2017 Pranayama and Meditation Certification Course 2 Weekend Seminars + flex hours – See Class Flyer for Dates

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*You will learn how to perform correctly and teach safely classical Pranayama and
variety of meditation techniques from the yoga tradition for healing, personal growth
and expansion of consciousness.*

*Mastering of Pranayama can lead one to Samadhi. Satyananda Style Yoga
Pranayama and Meditation is excellent for deep work on oneself and help others heal.
Participants will also be able to clear misconceptions and ‘unlearn” prior wrong
learning. Ours is a holistic, common-sense, scientific and reasearch-based approach.*

Topics include theory and practice in:

- Complete Yoga Breathing
- Physiology of Breathing
- Traditional Pranic Healing
- Balancing, Tranquilizing and Vitalizing Pranayama
- Concentration and Relaxation Prerequisites for Meditation
- Meditations on Light and Sound
- Kriya Yoga Type AAYM School Proprietary Meditations
- Asana for Pranayama and Meditation (not only seated!)
- Progression and Special Populations Applications

What happens in the brain during Pranayama and Meditation?

*Therapeutic applications, benefits and contraindications of specific pranayama practices,
and meditation for common diseases, anxiety and depression.*

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one module toward RYT200, and RYT300 Teacher our Yoga Alliance registered school
RYS200, RYS300.*

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RYS300.*



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