

Yoga Nidra for Women by Barbara Maziarska - Syllabus

Yoga Nidra for Women has been created and is taught by Barbara Maziarska

The course is registered with YogaAllianceProfessionals.org and certified by i-SKY.net

Healing begins with letting go and relaxation. Yoga Nidra is the practice of Deep Relaxation and Lucid Dreaming. It originates from the tantric practice of nyasa, a practice that aimed to turn consciousness inward - including visualizing and directing attention and energy to particular areas. During yoga nidra, consciousness is redirected from the outside to the inside; we can move from a state of distraction to a state of mindfulness, to a state of full presence. Yoga Nidra for Women is a meditation and relaxation technique, letting go, opening to subtle feelings and transformation; a change of thinking and a change of perspective. Yoga Nidra requires you to relax your body and maintain a conscious mind that follows the instructions; it is a practice available to everyone.

Content	Description
Practice of Yoga Nidra	Approximately 60% of the total hours will be spent in the actual physical practice of Therapeutic Yoga Nidra for Women. Women will learn & practice the sequence of different Yoga Nidras.
Teaching Practice and Methods	Approximately 15 % of the course As it is the teacher training is for Yoga Instructors, we will focus on the differences only, and on how to teach /lead Yoga Nidra for Women as art of relaxation and it's healing aspect.
What is the overall AIM of the course	The aim of the course is to prepare the Students to teach Therapeutic Yoga Nidra for Women.
The main focus of the course	Approx. 25% of the total hours The course has a focus in supporting Women's health by deep relaxation and by awareness of the natural flow; connecting to Mother Earth; restoring the natural connection to her Womb and emotions.
What will the graduate be able to do at end of course?)	At the end of the course, the participants (Woman) is familiar with the sequences of Therapeutic Yoga Nidra for Women and has tested how it works for them during the time of the training. They will be able to teach Yoga Nidra class.
How will the course be assessed	The course is assessed continuously using self-feedback and trainer feedback. Students will be constantly mentored throughout the course and given advice. Students who do not meet the course requirements will be given the opportunity to improve any areas of weakness and be encouraged to pass at a later date.

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Module	SYT contact hours	Non SYT contact hours	Non-Contact Hours	Total Hours
Module 1: <ul style="list-style-type: none"> • Yoga Nidra for Women - Teaching the principles and practice in person and continue at home • How to structure & modify Yoga Nidra session, Stages in Yoga Nidra, how does it work, the mind & consciousness during the practice 	16		5	21
Module 2: <ul style="list-style-type: none"> • Background & Yoga Nidra for special needs; fertility, menopause, letting go, reconnect to her Womb and herself. • Practice and Adjustments 	5		2	7
Module 3: <ul style="list-style-type: none"> • Business - setting up as Yoga Nidra for Women/private sessions 	1		1	2