

Total Yoga Nidra Teacher & Facilitator Retreat



with Uma Dinsmore Tuli & Nirlipta Tuli
Vinkeveen, The Netherlands

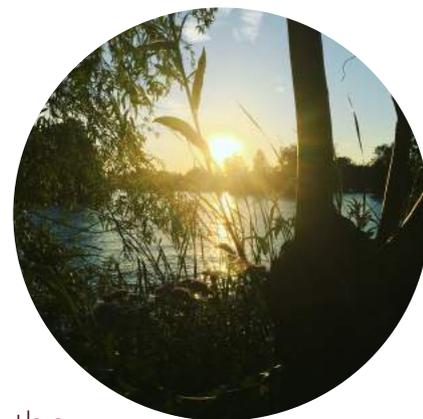
3 - 10 SEPTEMBER 2018

The Retreat

This special retreat offers you the opportunity to complete the full Total Yoga Nidra Teacher and Facilitator Training in a retreat setting, allowing you to fully immerse. You will be staying at a beautiful retreats center that offers accommodation in luxurious tents, while you are surrounded by nature.

Located in the center of The Netherlands this unique location is easy to reach while giving you the feeling you are away from all the business of daily life.

In your free time you can enjoy the lake, go for walks in nature, grab a stand up paddle board or canoe and spend some time on the water, or simply enjoy the silence. You will be fully taken care of with a delicious home-made, vegetarian brunch and dinner and some lovely snacks every day.



The Training

The Total Yoga Nidra Teacher and Facilitator Training trains yoga teachers and others to teach and facilitate yoga nidra with confidence in class settings, one-to-ones, and for a range of therapeutic applications. Uniquely amongst yoga nidra trainings, it offers Total Yoga Nidra, a comprehensive, inclusive and non-dogmatic approach to yoga nidra that respects and explores not only a range of practice methods, but also acknowledges a variety of different levels of experience during yoga nidra.

- Encounter yoga nidra in its totality
- Explore the multiple forms and levels of this remarkable yoga practice
- Become empowered to deepen your own intuitive practice of meditative yoga nidra beyond the limits of standard trademarked and traditional forms
- Understand the full living range of different methods, lineages and levels of total yoga nidra
- Experience total yoga nidra as a living intelligence of the heart, an adaptogenic practice of deep healing and self-discovery



- Grow in confidence to share responsive and appropriate total yoga nidra practice with students and clients

This training is designed by Uma Dinsmore-Tuli and Nirlipta Tuli, who together have over forty years experience of practice, teaching and working therapeutically with all forms and levels of yoga nidra, is a uniquely comparative and creative, experiential course. It offers both practical training and personal and professional development.

What is Total Yoga Nidra

Total Yoga Nidra is a comprehensive, inclusive and non-dogmatic approach to yoga nidra that respects and explores not only a range of practice methods, but also acknowledges and supports a variety of different levels of experience during yoga nidra. Total yoga nidra empowers you to encounter yoga nidra in its totality: as an adaptogenic meditative practice without limits in terms of its capacity to heal, nourish and liberate.



Most people who are familiar with yoga nidra have listened to some kind of pre-recorded audio track(s), but might not have had the opportunity to encounter the practice live from a teacher in a group setting; and although many people may have experienced a live group yoga nidra, where a teacher delivers a standard script to a group of students, this relaxing experience is very different from practising yoga nidra that has been specifically tailored for a particular individual, for example in a one-to-one setting. This experience in turn is different from the encounter with yoga nidra that comes during a practice that is co-created by teacher and student together, with the specific intention to meet the student precisely where s/he is right now, both in language and method of practice, and in terms of the level at which that practice can be most appropriately met.

And whilst all of these experiences of yoga nidra certainly bring huge benefits, an entirely different set of possibilities open up when yoga nidra is set free from the need to have any external auditory guide of any kind. At this level of self practice, the protocols for practice are so deeply familiar to the practitioner that when we simply lie (or sit) quietly, then the practice can be invited to unfold silently, in the voice of our own intuitive inner guide.



In this course you will learn...

- to devise and deliver Total Yoga Nidra practices appropriate to your needs and those of your students and clients;
- a clear practical understanding of the structure and function of Total Yoga Nidra, including models of best practice, and techniques to be avoided;
- a practical understanding of the key principles of yogic psychology and philosophy relevant to the practice of Total Yoga Nidra;
- a contextual understanding of the development and history of Total Yoga Nidra across different lineages;
- to share Total Yoga Nidra with an informed sensitivity to the emotional and spiritual experiences of those receiving the practice;
- to teach a range of restorative yoga asanas suitable for use during yoga nidra practice;
- to teach within the appropriate safety guidelines for this type of yoga practice.

Topics covered include...

- Understanding the structure and variations in approaches to, and levels of, Total Yoga Nidra practice
- Clinical hypnosis, self-hypnosis and yoga nidra – a full exploration of the relationship between these practices
- Further explorations in history and development of yoga nidra: nyasa, tantra, Satyananda Yoga, Himalayan Institute, Richard Miller, Swami Veda Bharati, Swami Jneshvara Bharati
- Deeper explorations of yoga philosophy and cosmology in relation to Total Yoga Nidra



- Exploring research on yoga nidra exploring the value of understandings from neuroscience, clinical psychology, psycho-neuro-immunology and physiology in relation to the function of yoga nidra, including stress and the relaxation response
- Restorative asana: refinements on propping poses for yoga nidra
- Sankalpa: resolution and intention setting, listening to inner guidance, framing and using Sankalpa within and around yoga nidra
- Breath awareness /pranayama: specific use within the structure of yoga nidra session, and to support the practice of yoga nidra
- Visualisations: a range of different traditional and creative scripting options, contraindications, appropriateness and therapeutic value
- Creativity and innovation: devising your own Total Yoga Nidra experiences; metaphor, poetry and grammar for enlightened communication
- Responsiveness: tailoring script to needs of target populations, bespoke scripts: utilising client images in yoga nidra
- Self-development: sample practices, support for self-reflection and growth
- Dharana: yoga nidra as an aid to improve concentration
- Dhyana: yoga nidra as the meditative heart of yoga
- Living yoga nidra: practical and effective integration of yoga nidra into daily life
- Total yoga nidra as a therapeutic tool



The Teachers

UMA DINSMORE TULI

Uma was first introduced to yoga at the age of four by her mother and began meditating at nine on a pilgrimage with her maternal grandmother. Yoga and meditation have been part of her daily life ever since. As a naturally curious and enquiring yogini, she has engaged passionately and critically with a variety of quite different schools of yoga, most especially Satyananda Yoga and Iyengar Yoga.



After completing the Yoga Biomedical Trust Diploma in Yoga Therapy in 1999, Uma has continued to find the fully integrated approach of yoga therapy to be the most practical route to the healing power of yoga. She further trained in Structural Yoga Therapy and Ayurvedic Yoga Therapy with Mukunda Stiles, and works as a yoga therapist with special expertise in women's health. Uma has a PhD in Communications and is a recognised teacher of the British Wheel of Yoga. She has been a training tutor in Yoga Therapy since 2001 and also teaches British Wheel of Yoga In-service training days. As a mother of three, she has been both personally and professionally engaged with the development of pregnancy yoga, yoga for birth and postnatal recovery, and family yoga, and has been training teachers in this field since 2002, when she first tutored for the Birthlight Trust. Since then she has delighted in creating her own courses to promote excellence of teaching in this field, including Well Woman Yoga and a uniquely responsive Integrated Mother and Baby yoga teacher training. With the intention of widening access to pregnancy and postnatal yoga, she founded Sitaram Yoga with her husband in 1998, and it continues to offer pregnancy and postnatal yoga classes in London, including at King's College and St Thomas's hospitals.

The heart of Uma's daily personal and therapeutic practice is yoga nidra, which she believes to be the most powerfully transformative of all yoga techniques. She first encountered the technique at the Satyananda Yoga Centre in 1995, and has been exploring all aspects of it with fascination ever since. She has studied a variety of different approaches to the practice both in India and the UK, with nationally renowned exponents including Swami Muktidharma (Satyananda Acharya, New Zealand), Mukunda Stiles, and Richard Miller. She has refined a range of particularly feminine therapeutic applications of yoga nidra, including its use for the promotion of fertility, positive birthing, postnatal



recovery and conscious menstrual health a source of spiritual empowerment. She has taught yoga nidra to hundreds of people, in every conceivable environment, from nursery schools, hospitals and airports, to giant geodesic domes filled with yogis sheltering from wild storms at yoga festivals and gatherings. She has been sharing the technique with teachers from all lineages on Yoga Therapy training courses and retreats since 1999.

Uma leads retreats and courses worldwide, sharing the approach to yoga therapy set out in her CDs, DVDs and books: *Mother's Breath*, *Teach Yourself Yoga for Pregnancy and Birth*, and *Feel Confident: Yoga for Living*. Her new book *Yoni Shakti* is about the evolution of feminine spiritual authority through yoga and tantra. Uma is currently refining Womb Yoga through a series of international workshops and retreats.

NIRLIPTA TULI

Nirlipta Tuli is founder and co-partner of Sitaram Partnership and also Yoga Nidra Network.

Nirlipta's particular interest lies in the therapeutic applications of yoga nidra, where he focusses on insomnia and sleep related issues, lucid dreaming, dealing with stress, enhancing productivity for individuals and groups, and pain related issues.

Much of this has been informed by his own experience, using yoga nidra to manage a life lived with cardiomyopathy, autism and insomnia. He offers mentoring and pastoral care to other yoga teachers and to students on all Total Yoga Nidra courses and events.



Before creating Yoga Nidra Network Nirlipta worked as a registered clinical hypnotherapist. He trained at the London College of Clinical Hypnotherapy and has specialist training in perinatal hypnotherapy. He is a full member of the British Society for Clinical Hypnotherapy and also an associate member of the British Association of Clinical Psychotherapy. At the heart of his unique hypnotherapy practice was a specialised approach to perinatal hypnotherapy, including work with birth trauma resolution and the release of fears and anxieties around childbirth.



Nirlipta has been practicing yoga since 1988 and teaching since 1990. He has yoga teaching diplomas from three different yoga teacher training organisations: Bihar School of Yoga, British Wheel of Yoga and Sivananda Yoga Vedanta Centres. He has also undertaken further training in pregnancy yoga, yoga therapy and the health and safety aspects of yoga teaching. He has particular expertise in teaching yoga practices for positive mental health, stress relief and relaxation.

Nirlipta also holds an MA in Indian Religion and Philosophy from the School of Oriental and African Studies.

The Location

You will stay in the center of The Netherlands at Zwier, a retreats center build up of luxurious tents at the beautiful Vinkeveense plassen (lake). On the terrain of an old shipping doc the tents are placed on the grassy fields. Each tent sleeps 1 or 2 people, depending on your booking and has single beds and beautiful decoration. Comfortable, high standard showers and toilets are on the terrain close to the tents. All yoga sessions are in the indoor yoga studio that offers a beautiful view over the terrain and the lake.

You get to enjoy the nature, silence, delicious meals and much more!

Located between Amsterdam and Utrecht, Zwier is easy to reach by car and public transport.



The Value

INVESTMENT

Early Bird Rates:

Triple Tent €1297

Double Tent €1447

Single Tent €1797

Regular Rates:

Triple Tent €1447

Double Tent €1597

Single Tent €1947



Pre-requisites for the Training

Having completed the training (including the course homework), you will receive a certificate of completion. This course is recognised by the Independent Yoga Network 45 hours (55hours including the pre-requisite Total Yoga Nidra Immersion Experience (= Foundation Course).

Immersion Experience (Foundation Course)

Awaken your consciousness of sleep and dream through the tantric practice of expanded awareness for lucid living. Become alive to the source of well-being, happiness and purpose in every dimension of life.

We understand yoga nidra to be the most transformative, potent and remarkably adaptive of all yoga practices. Yoga nidra is in fact not really a single practice, but rather an experience of altered states of consciousness, essentially meditative experiences which can be used therapeutically for healing, as well as to enhance creativity and productivity and to improve sleep and general health.

The Total Yoga Nidra Immersion Experience is a self-contained and complete retreat style immersion (non-residential) open to anyone with an interest in experiencing Total Yoga Nidra. It is both a standalone weekend course that covers all the fundamentals of Total Yoga Nidra, as well as being a pre-requisite for moving on to the full Total Yoga Nidra Teacher and Facilitator Training. The intention of this part of the course is to offer an accessible and profound immersion in the experience of Total Yoga Nidra, providing a perfect opportunity for those who have encountered other partial or limited forms of the practice to meet the full spectrum of approaches to yoga nidra.

What is in the Immersion Experience (Foundation Course)

A combination of theory and practice to give you a sound foundation (or to deepen your existing foundation) of understanding about what yoga nidra is in the broadest sense, and how it works, together with plenty of live, responsive and practical experiences of a full range of yoga nidra. We will cover:

1. Welcome to Yoga Nidra
2. History and Development



3. Intentions, and How They Shape the Practice
4. Comparative Structures
5. Comparative Rotations of Consciousness
6. The Science of Yoga Nidra
7. The Philosophy of Yoga Nidra
8. Liminality & Creativity
9. Sleep, Memory & Dreams
10. Trance: Hypnosis & Yoga Nidra
11. Yoga Nidra as a Meditative Practice
12. Sankalpa
13. Yoga Nidra & Bhakti Yoga
14. Growing your Own Practice

Reading before the Teacher Training

- * The Four Desires - Rod Stryker
- * Yoga Nidra: The Meditative Heart of Yoga - Richard Miller
- * Yoga Nidra - Swami Satyananda

Further homework will be sent to you by Sivani of the Yoga Nidra Network after she creates a special account for you that will give you access to the material.

The Schedule

3 September | Day 1 (arrival day)

From 17:00 hrs | Arrival at the retreat center Zwier (please inform us if you plan to arrive early)

18:00 hrs | Welcoming Yoga Nidra

18:30 hrs | Meditation & Introductions

19:00 hrs | Key YN structures: settling, externalizing, safety,

19:30 hrs | Dinner and discussing the pre-course homework

20:30 hrs | Signposted YN with philosophic content

21:00 hrs | Closing chants (15 minutes)

4 September | Day 2

8:00 hrs | chants, meditation & pranayama

8:30 hrs | PMA practices as Pratyahara with breath

9:30 hrs | YN practice - settling and breath with philosophic content

10:00 hrs YN History / development

10:30 hrs Brunch



12:00 hrs | Practicing sharing YN Elemental settlings (1st pair practice)
12:30 hrs | Exploring settling and groundedness
13:00 hrs | Restorative yoga - propping for nidra - (2nd pair practice)
13:30 hrs | free time
15:00 hrs | YN practice, Rotations
15:30 hrs | Explaining multiple rotations
16:00 hrs | Sharing yoga nidra: Rotation (3rd pair practice)
16:30 hrs | Tea break
17:00 hrs | YN Hypnotic Practice with opposites
18:30 hrs | Dinner
19:30 hrs | Sharing yoga nidra: opposites (4th pair practice)
20:00 hrs | chants (15 minutes)

5 September | Day 3

8:00 hrs | chants, meditation & pranayama
8:30 hrs | PMA practice as Pratyahara with breath
9:30 hrs | YN: Opposites & breath awareness focus
10:00 hrs | Yoga philosophy and psychology in relation to YN - talk and discussion
10:30 hrs | Brunch
12:00 hrs | Practicing sharing yoga nidra with rotations & opposites (5th pair practice)
12:30 hrs | Breath awareness in YN - brief talk
12:45 hrs | breath awareness in YN (6th pair practice)
13:00 hrs | Free time
15:00 hrs | YN practice, responding and safety
15:30 hrs | Introduction to abreactions
16:00 hrs | tea break
16:30 hrs | Discussion: sharing YN and/or Q&A as required
18:00 hrs | Dinner
19:30 hrs | Exploring Sankalpa
19:45 hrs | Chants (15 minutes)

6 September | Day 4

8:00 hrs | chants, meditation & pranayama
8:30 hrs | PMA practice as Pratyahara
9:30 hrs | YN: Sankalpa
10:00 hrs | Sankalpa and nirvikalpa in theory and practice - developing our understanding
10:30 hrs | Brunch



12:00 hrs | Accessing Sankalpa (7th pair practice)
12:30 hrs | Case studies on Yoga for Therapeutic purposes
13:00 hrs | Free time
15:00 hrs | Putting it all together (8th pair practice)
15:30 hrs | YN development sangha & tutorial time setting
16:00 hrs | Tea break
16:30 hrs | Externalising language (9th pair practice)
17:30 hrs | Bare Bones YN Practice
18:00 hrs | Dinner
19:30 hrs | More practical restorative yoga in pairs
20:00 hrs | chants (15 minutes)

7 September | Day 5

8:00 hrs | chants, meditation & pranayama
8:30 hrs | PMA welcoming prana shakti
9:30 hrs | YN Creativity & spontaneity conduit to intuition Himalayan YN
10:30 hrs | Brunch
12:00 hrs | Student YN + Feedback
13:20 hrs | Making sense of yoga philosophy to support YN practice
13:30 hrs | Free time
15:00 hrs | Student YNs/ + Feedback
16:20 hrs | Dharana, tantra, and YN. Voice, eyes & prana
17:00 hrs | Tutor YN
18:00 hrs | Archetypal visualizations
18:30 hrs | Evening meal

8 September | Day 6

8:00 hrs | chants, meditation & pranayama
8:30 PMA Dharana and welcoming
9:05 hrs | Student YNs + feedback
10:30 Brunch
12:00 hrs | More on Yoga psychology - Integrating Western and Eastern approaches
12:15 hrs | Students YNs + feedback
13:30 hrs | Free time
15:00 hrs | Student YNs + feedback
16:20 hrs | Tea break
16:40 hrs | Integration & regularity
17:00 hrs | Tutor YN



18:00 hrs | More on therapeutic yoga nidra
18:30 hrs | Dinner
19:30 hrs | Discussion: detailed analysis (1 hour)

9 September | Day 7

8:00 hrs | chants, meditation & pranayama
8:30 hrs | PMA Dhyana focused practice
9:05 hrs | Student YN + feedback
10:30 hrs | Brunch
12:00 hrs | Student YN + feedback
13:20 hrs | Receiving yoga nidra: Abreactions: theory / practice
13:40 hrs | Free time
15:00 hrs | Student YN + feedback
16:20 hrs | Tea break
16:45 hrs | Therapeutic application of yoga nidra and YOUR case studies
17:15 hrs | Tutor YN
18:00 hrs | Your case studies - support and development
18:30 hrs | Dinner
19:30 - 21:00 hrs | You are the future of Yoga Nidra and Song with Bhakti Yoga

10 September | Day 8 (departure day)

9:00 hrs | Optional morning practice pranayama, chanting and PMA (movement practice)
10:00 hrs | Everyone together for Final Yoga Nidra practice multi - voice nidra
10:30 hrs | Group ceremony of closure and openings... Farewell and go share Yoga Nidra!
12:00 hrs | Brunch followed by departure

NB: Schedule is subject to change before or during the training if this serves the flow of the training.



Booking & Cancellation Policy

The early bird rate is only available for the first 10 registrations paid in full before 15 May 2018. All early bird bookings are to be paid in full to secure your booking.

When booking for the regular rate a deposit of €600 is required, with a full payment due 1 August 2018. Bookings made after 1 August 2018 are to be paid in full.

When booking a double as a solo traveler, we will do our best to find a same-gender roommate for you. In case this is not possible, you will be required to upgrade to a single or double room respectively and pay the accompanying rate. When single rooms are not an option to book, we will look at an appropriate solution and rate with you.

All participants are required to have full travel and medical insurance, including medical transport.

Regardless of the reason for the cancellation, the cancellation fee will be calculated as follows:

- Notification received more than 60 days before the start of the retreat: 30% of the full fee + €25 administration fee.
- Notification received 31- 60 days before the start of the retreat: 50% of the full fee + €25 administration fee.
- Notification received less than 30 days before the start of the retreat: 100% of the full fee.

Global Flow Retreats reserves the right to cancel the retreat if fewer than 15 participants have signed up by 1 July 2018. In such circumstances, the participants will be informed promptly and registration monies will be reimbursed. Any travel costs will not be reimbursed. We recommend all participants to get coverage through their travel insurance.



How to Get There

Zwier
Winkeldijk 20a
3645 AP Vinkeveen
The Netherlands

The location is easy to reach by car and there is plenty of free parking space available on the terrain.

If you come with public transport you take the train to Holendrecht. From there we will arrange a pickup for you. Please inform us if you like to make use of a pickup so we can agree on a pickup time and make the arrangements for you.

What to bring?

Temperatures can vary quite a bit. We can have lovely late Summer weather or some cloudy days with a shower every now and then. Bring clothing for different temperatures. Please keep the eco-friendly nature of the retreat in mind when packing your bag. We recommend you to bring the following:

- Water bottle to refill
- Warm socks
- Eye pillow
- A scarf or long shawl (nice to have for meditation and savasana)
- Cool clothes for warm days and warmer clothes for the mornings and evenings
- Notebook, a pen and your manual
- Slippers and good walking shoes if you like to go for walks in your free time
- eye drops and container for your contact lenses if you wear those

