

## SATYANANDA YOGA®

Satyananda Yoga was developed by Swami Satyananda Saraswati, a great yoga master and visionary. Grounded in ancient traditions, this system of yoga is adapted to meet the needs of modern society. Satyananda Yoga integrates the whole person with an emphasis on awareness to bring about change on the physical, mental, emotional and spiritual levels.

Practitioners are encouraged to embrace a balanced approach to asana, pranayama, meditation, and development of a yogic lifestyle. Satyananda Yoga is suitable for people of all ages and physical abilities.

Satyananda Yoga is often referred to as Yoga of the Head, Heart and Hands. Through the integration of knowledge, emotions and service, we can reach our full potential.



## Satyananda Yoga Nidra®

### --- Level 1 Certification ---

Course 1: Nov. 18-20, 2016 & Feb 4-5, 2016  
Course 2: July 21-23 & Sep 23-24, 2017

### --- Level 2 Certification ---

(Prerequisite: Level 1 Certification)

Oct 28-30, 2016 & Jan 14-15, 2017

First weekend of each course has residential and webinar options for distance students; second weekend of each course is residential.

Course Fee: \$1150

Download the application at  
[yogaacademyna.org](http://yogaacademyna.org)

Send the completed application  
with the course fee to the address below.

### Yoga Academy of North America

2319 Lee Road  
Cleveland Heights, OH  
44118

Phone: 216-217-0691

Fax: 216-371-9780

E-mail: [info@yogaacademyna.org](mailto:info@yogaacademyna.org)

*Yoga Academy of North America shall not discriminate on the basis of race, color, national or ethnic origin in administration of its educational policies, scholarship and loan programs, and athletic and other school-administered programs.*

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## Yoga Academy of North America

# Earn Your Certifications in Satyananda Yoga Nidra® Levels 1 & 2

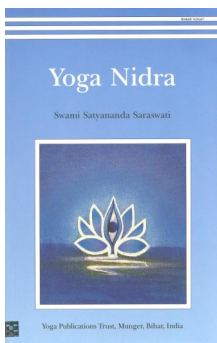


[yogaacademyna.org](http://yogaacademyna.org)

# Why Satyananda Yoga Nidra® Certification?

Derived from the tantras, yoga nidra is a powerful technique used for deep relaxation, healing, stress management and personal transformation. It induces complete physical, emotional and mental relaxation through a systematic technique of moving the awareness from the gross external environment to the subtle realms of consciousness.

Swami Satyananda Saraswati began developing yoga nidra in the 1940's while living in Swami Sivananda's ashram.



Original text by Swami Satyananda published in 1976

In the 35 years since the Yoga Nidra book was published, the technique has been a key practice in **SATYANANDA YOGA®**. During this time, the technique has been reviewed, revised and adapted to more fully serve the modern Western student.

Recognized in recent years as a valuable yogic technique, it has been adopted by many different styles and practitioners of yoga. Sometimes the technique of “yoga nidra” does not resemble what is taught within the tradition of **SATYANANDA YOGA®**. Sometimes the technique is read from the book without the privilege of more recent insights, revisions and scientific relevance.

These courses are your opportunity to learn Satyananda Yoga Nidra® from teachers within the tradition of **SATYANANDA YOGA®** through the Yoga Academy of North America.

The Yoga Academy of North America is one of four locations worldwide that is directly affiliated with the institution founded by Swami Satyananda himself, the Bihar School of Yoga in India.

## Level 1 Certification

Level 1 is comprised of two weekend trainings, each followed by home study and practice. A 125+ page resource folder and 8 recordings are provided.

The first weekend:

- Importance of pratyahara
- Evolution of Satyananda Yoga Nidra®
- Theory and structure of the practice
- Sequencing and stages
- Yoga nidra practices

Residential and webinar options for distance students are available for this weekend. Two months of mentored home study and practice follow this first weekend.

The second weekend:

- Protocol for teaching Satyananda Yoga Nidra®
- Adapting the practice for different students' needs
- Therapeutic applications
- Scientific research review
- Teaching practice with peer and mentor feedback

This weekend is residential, followed by two

more months of home study and mentored teaching practice. An assessment of technique concludes the course. Level 1 Certification is designated for teaching the beginning-level yoga nidra practices.

## Level 2 Certification

Level 2 follows the same two-weekend format as Level 1, each followed by home study and practice.

During this course, you will:

- Develop a home practice that progresses the stages for intermediate-level students
- Survey the latest scientific research
- Adapt Satyananda Yoga Nidra® for yoga therapy classes and individual sessions
- Conduct an 8-week course with mentored support

An assessment of technique concludes this course for certification.

**Space is limited due to the degree of close individual guidance within the mentoring program.**



Students exploring the scientific theories that confirm the relevance of Satyananda Yoga Nidra®.