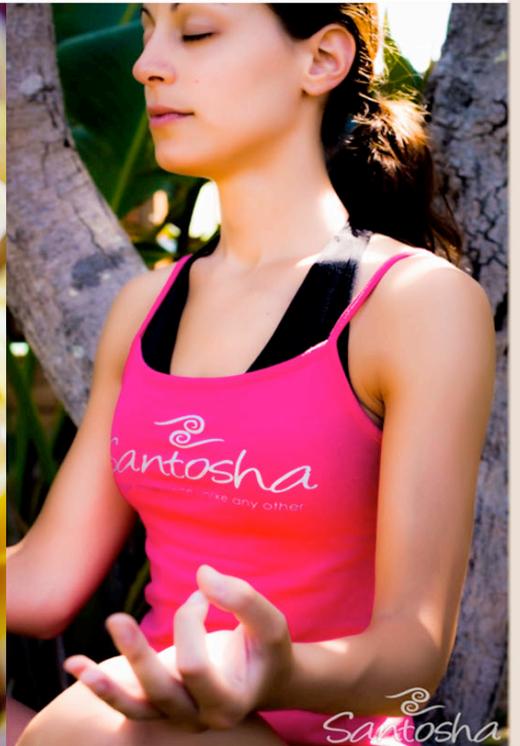


Santosha

...a yoga experience unlike any other!



Yoga Nidra - 100 hour Online Training



Registered Yoga School

www.yoga-nidra.ch
info@barbara-kuendig.ch
in cooperation with:
www.yogasurfingretreats.com



Registered Yoga School



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Namaste.

Thank you for your enquiry for our Online Yoga Nidra Teacher Training.

This is an inspiring course that will take you on an amazing journey of self-discovery.

It is suitable for those wanting to deepen their understanding of Yoga Nidra, as well as prepare students to teach and practice safely, successfully and compassionately. This experience is a wonderful odyssey on your path to greater self-awareness and understanding.

The focus will be on all aspects of Yoga Nidra within a contemporary context, application and language. It is an exclusive opportunity to grow, connect and contribute to your overall growth as a teacher and/or as a person.

The course is designed to provide a comprehensive foundation for teaching Yoga Nidra skillfully with compassion and awareness.

SANTOSHA YOGA MISSION STATEMENT:

Santosha Yoga and its teachers honour every one as an individual and therefore unique and deserving of receiving the best quality experience possible.

Our Yoga Teacher Trainings will uphold a standard of excellence and devotion to the practice while respecting individual needs.

We are committed to creating a space of safety and respect that will acknowledge and allow each individual's innate equanimity, truth, empathy and joy to grow through the process of learning.

May all who pass through our courses feel a renewed sense of ease, vitality and enthusiasm for their life. May all also be blessed with health, compassion, love and always be free from suffering.

WHY SANTOSHA:

Santosha Yoga Teacher Training modules explore the skills required for the design and teaching of Yoga in a range of settings from large groups in a studio or health club to private classes. The focus is on the ability to apply and understand these skills, especially for the selection of appropriate practices for different class levels, from novice to the more experienced.

The Training is designed to create a student to be a confident, compassionate and effective Yoga Teacher. The training allows students to begin to connect within, so as to find their own internal wisdom and authentic voice.

Other areas in the Teacher Training include marketing skills, first aid as it applies to the yoga classroom, occupational health and safety, as well as business aspects of managing a professional yoga school or yoga business.

SANTOSHA ONLINE YOGA NIDRA TEACHER TRAINING

Yoga Nidra (Nidra = sleep) is a deep relaxation and meditation technique for body, mind and soul according to the teachings of Swami Satyananda (1923-2009, founder of the Bihar School of Yoga, India).

This online teacher training course is designed for yoga teachers and non-yoga teachers alike. The focus of this TTC is to deepen your knowledge and your experiences about Yoga Nidra. This will then give you the profound basis necessary to conduct professional Yoga Nidra sessions, courses, workshops and coachings. During the whole course you will be mentored personally by Barbara Kuendig.

Barbara is a yoga teacher and author of the German book „Yoga Nidra“ (Windpferd, 2010) as well as various CDs. Furthermore she is a work- and organizational psychologist and holds a degree in business administration, MBA.

Barbara has been practising Yoga Nidra herself for many years on a daily bases. She has conducted hundreds of classes and workshops on Yoga Nidra and is very happy to share all her knowledge and experience with you.

MODULES and MARKING

- Upon the receipt of your course fee and application form we will email the first module. You will also get access to the online Yoga Nidra Teacher Training Facebook group where you can find a lot of interesting information and meet other students.
- Upon completion of the first module please email the completed work to Barbara: info@barbara-kuendig.ch
- Please ensure this is either is a word doc or pdf file.
- Barbara will then get back to you with feedback and comments on your answers.
- The next module will then be forwarded to you by email.

The 6 modules are:

- 1. First steps into teaching Yoga Nidra**
About the founder and his intention, what is complete relaxation? What is the basic set up of Yoga Nidra
- 2. All the exciting theory behind it**
All the techniques that are included in Yoga Nidra, how to explain Yoga Nidra to students, what it takes to become a Yoga Nidra teacher
- 3. It's all about energy**
Raja and tantra yoga, chakras and nadis, more advanced practices
- 4. Yoga Nidra and health**
How can Yoga Nidra help with health issues, conducting individual Yoga Nidra sessions
- 5. Yoga Nidra, asanas and mantras**
Pawanamuktasana series, how to combine Yoga Nidra with asanas, mantras to combine with Yoga Nidra, Yoga Nidra for children
- 6. Finally: teaching Yoga Nidra**
Planning and conducting courses

ASSESSMENTS

- answer all knowledge and reflection questions of each of the 6 modules
- keep a diary of your own Yoga Nidra practice for yourself
- conduct an individual Yoga Nidra session with a person of your choice
- record your own Yoga Nidra CD
- write a program for a Yoga Nidra course and conduct the course

WHAT HAPPENS IF I FAIL?

If any of the assignments are considered not to be completed in a satisfactory way you will be notified. You will be given the chance to go over it again.

WHAT IS INCLUDED IN THE COURSE?

- All course modules
- Mentoring about Yoga Nidra and the course by Barbara
- Certificate at the end of the course

WHAT HAPPENS IF I AM UNABLE TO FINISH THE COURSE IN THE REQUIRED 6 TO 10 MONTHS?

Santosha's online Yoga Nidra teacher training is completely date flexible as you study at your own pace. You make the decision when to begin and end your course. We advise to complete the course within 6 to 10 month. We understand that sometimes situations occur that may prevent you from completing the course within the 6 to 10 month period. In this case you may extend the duration of your course.

REQUIRED TEXTS:

Swami Satyananda Saraswati: Yoga Nidra; Yoga Publications Trust, 2003.

ISBN 978-8185787121

ENTRY REQUIREMENTS

All that we require is that each individual truly desires to initiate their Yoga Nidra journey or deepen their own knowledge and practice, connect to your true inner self and hopefully share this knowledge with others.

Santosha believes that when we are guided towards seeking a yogic path and lifestyle, then this time is the perfect time, so accordingly we do not have age or other restrictions.

You are not required to have been practising some form of Yoga before or be a yoga teacher.

If you are a Yoga teacher, the knowledge and experience you gain in this course will enhance your teaching and broaden your view on yoga. If you are not a teacher it might be the right thing to start with and support other practices.

If you are about to embark upon your journey, let us guide you with wisdom and support.

PAYING THE COURSE FEE

Please be aware that for this course you will pay a deposit of 350 AUD directly to Santosha:

<http://yogasurfingretreats.com/online-yoga-training/yoga-nidra/>

The rest of the course fee – 840 AUD - goes directly to Barbara Kuendig, Yoga Nidra.

You can pay the 840 AUD via paypal or bank transfer.

If you would like to transfer her via paypal please use the following e-mail address:

barbarakuendig@gmx.ch

If you would like to pay via bank transfer go to your local bank and ask to make a direct deposit into Barbara Kuendig's account in Switzerland. There may be a bank fee if you are sending money for overseas. **Please ensure that the amount of 840 AUD will be in Barbara's account and that your name is marked and noted on the transaction, so that we can process this in a timely manner.** Please email Barbara the deposit number or reference numbers and the date of the transaction. The details you will require are as follows:

**Banking Information:
Swiss Post, Postfinance
CH-3030 Bern
Switzerland**

**Account Name – Barbara Kuendig
Account Number: PC 85-167665-0**

**BIC/Swift Code: POFICHBEXX
IBAN CH1009000000851676650**

**Barbara Kuendig's Postal Address for mail and banking purposes:
Barbara Kuendig
Fliederweg 4
8400 Winterthur
Switzerland**

TERMS AND CONDITIONS

The whole course fee (1'190 AUD, which includes the 350 AUD deposit to Santosha and the 840 AUD to Barbara Kündig, Yoga Nidra) is payable upon application.



*Om shanti, shanti, shanti,
May you always be happy and well, Namaste*

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contactus@yogasurfingretreats.com