

Yoga Nidra Training Certification Course



Learn techniques which will allow you to reach new states of conscious awareness with acute perception of both your physical and subtle body. As you practice these techniques you will feel the flow of prana move through physical, emotional, and energetic blockages. The end result is the healing of the body and mind and the expansion of consciousness. During this program, students will both experience yoga nidra^{i[1]}, and learn how to teach it to others. Upon completion, students will be prepared to offer this service to their community.

Instructor: Dr. Marc Halpern

Dr. Marc Halpern is the founder and President of the California College of Ayurveda^{i[2]}. An internationally respected expert in the field of Ayurveda, Dr. Halpern received the award for Best Ayurvedic Physician from the Indian Minister of Health and Family Welfare, Dr. Ramdas. He is a co-founder of the National Ayurvedic Medical Association and the California Association of Ayurvedic Medicine.

Training Objectives:

Upon completion of the Yoga Nidra course, graduates will:

- Be able to teach Yoga Nidra in group and private settings
- Use Yoga Nidra for Self-healing
- Have an understanding of the physiological basis of Yoga Nidra
- Have an understanding of the history of Yoga Nidra

Quotes from Past Participants

Yoga Nidra has deepened my meditation practice to a level I did not think possible for me -



Christianne Valdes

The best thing about this course was the teacher. I am going to ask my two daughters and their husbands to attend this course. - Shanti Kumar

Being able to trust Dr. Halpern made it easy to learn quickly and easily. - Sheila Miller

This was a high beneficial program on yoga nidra by a conscious and compassionate teacher- Angeline Galway

The personal benefits of developing greater awareness and clearing will help me in my profession.- Jill Warner

This course is very beneficial to anyone involved in promoting self-healing and any one in the health sciences- Sandra Sprang

Grass Valley Yoga Nidra Class of 2012

Great Program- Rodrigo Pocus (Ayurvedic Practitioner).

Nobody should miss this experience: - Gerde Fernandez

I felt your love Dr. Halpern through your soft voice and guidance- Stella Oliveira

This course opened me to the realm of all possibilities through amazing grace- Stella Olivererra

Very good, informative, interesting and great explanations - Jill Johnson

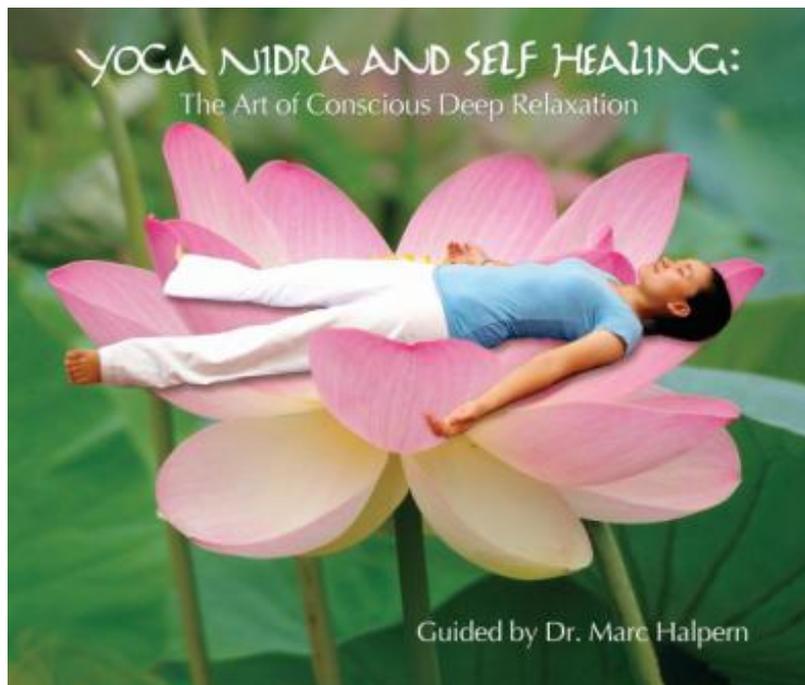
The class allowed lots of time for practice teaching. Dr. Halpern's delivery was to the point with the focus to provide all the essentials. Good timeline and course content - Cody Ingram

Getting it to the state of Yoga Nidra was an enlightening experience.- Danielle Champeau

It's extremely difficult to put into words how incredibly amazing this course and Dr. Halpern were.- Thank you so much.- Danielle Champeau

Course Dates and Locations:

TBD: Sivananda Yoga Retreat on Paradise Island in the Bahamas



Sept. 25-28, 2013: Sivananda Center in Grass Valley

Tuition:

Grass Valley - \$375 + accommodations

Bahamas - \$425. Add 5 nights' accommodation.

Click Below to Register

[Yoga Nidra, Grass Valley \[3\]](#)

Yoga Nidra, Bahamas

Source URL: <http://www.ayurvedacollege.com/programs/workshop/yoga-nidra-certification-course>

Links:

[1] <http://www.ayurvedacollege.com/glossary/term/9>

[2] <http://www.ayurvedacollege.com/glossary/term/10>

[3] http://www.sivanandayogafarm.org/course.php?course_id=846