

# Yoga Hidrô



Mastery of the body and the spirit

# **3 Week Intensive Yoga Nidra Course**

By Regeesh Vatta Kandy

From 22<sup>nd</sup> May– 6<sup>th</sup> June 2010

**Location:**

Inner Yoga Center,  
Level 10, Menara Summit,  
47600 UEP Subang Jaya,  
Malaysia

**Tel:** 017 6450569, Regeesh

**E-mail:** regiyog@hotmail.com

[www.inneryoga.com.my](http://www.inneryoga.com.my)

**Instructor:** Regeesh Vatta Kandy

**Program Type:** Continuing Education

**Price:** RM 950

**Early Bird Price:** RM 750

The course takes place twice during May and June and is targeted to aspiring teachers and yoga practitioners from all traditions. It is ideal for yoga therapists, healers, psychotherapists, yoga / pilates teachers and others who seek a deeper understanding of Yoga Nidra.

Call Regeesh on tel: **017 6450569** to sign up or to hear more about the course.

**1<sup>st</sup> Intake**

**Dates:** 22 May 2010 – 6<sup>th</sup> June 2010

**Early Bird Registration:** 18<sup>th</sup> May 2010

**Schedule Information**

**1<sup>st</sup> weekend**

Saturday 22<sup>nd</sup> May 2010 from 1.00 pm – 4.00 pm

Sunday 23<sup>rd</sup> May 2010 from 1.00 pm – 4.00 pm

**2<sup>nd</sup> weekend**

Saturday 29<sup>th</sup> May 2010 from 1.00 pm – 4.00 pm

Sunday 30<sup>th</sup> May 2010 from 1.00 pm – 4.00 pm

**3<sup>rd</sup> weekend**

Saturday 5<sup>th</sup> June 2010 from 12.00 pm - 4.00 pm

Sunday 6<sup>th</sup> June 2010 from 12.00 pm – 4.00 pm

## **2<sup>nd</sup> Intake**

**Dates:** 12<sup>th</sup> June 2010 – 27<sup>th</sup> June 2010

**Early Bird Registration:** 1st June 2010

### **Schedule Information**

#### **1<sup>st</sup> weekend**

Saturday 12<sup>th</sup> June 2010 from 1.00 pm – 4.00 pm

Sunday 13<sup>th</sup> June 2010 from 1.00 pm – 4.00 pm

#### **2<sup>nd</sup> weekend**

Saturday 19<sup>th</sup> June 2010 from 1.00 pm – 4.00 pm

Sunday 20<sup>th</sup> June 2010 from 1.00 pm – 4.00 pm

#### **3<sup>rd</sup> weekend**

Saturday 26<sup>th</sup> June 2010 from 12.00 pm - 4.00 pm

Sunday 27<sup>th</sup> June 2010 from 12.00 pm – 4.00 pm

## About the course:

Course content:

### **1<sup>st</sup> week**

#### **1. Introduction to Yoga Nidra**

- What is Yoga Nidra
- Benefits of Yoga Nidra in daily life.

#### **2. Importance of Relaxation**

- Body and relaxation
- Physiological benefits of relaxation
- Body Type
- Nervous system

### **2<sup>nd</sup> week**

#### **3. Breath**

- Breathing techniques,
- Swara (breath flow)

#### **4. Food**

- Calming food
- The effect of food on relaxation

### **3<sup>rd</sup> week**

#### **5. Mind and Relaxation**

- Psychological benefits of relaxation
- Ego, role play, thoughts and desires

#### **6. Yoga Nidra**

- Teaching Yoga Nidra

#### **7. Different Relaxation Techniques**

- Teaching relaxation techniques