



Sleep Recovery™ Teacher Training

Learn to Teach Group Classes and Courses in Yoga for Sleep Recovery
to combat insomnia + promote better sleep

YOGACAMPUS

What is Sleep Recovery?

Sleep Recovery is a yoga therapy-based five step approach to addressing the causes of insomnia and sleep difficulties.

Based on the 5 koshas found in the yoga traditions this is a whole-person approach. We start with the physical then progress to energetic/ breath and nervous system, to the mental, emotional and spiritual aspects of sleeplessness and healing our sleep.

What is the multi-week Sleep Recovery Course?

The multi-week course is a yoga-therapy and psychology based, standardised approach to helping people sleep better that you can use in a range of settings from yoga studios to NHS GP surgeries and hospitals, to parents or employee groups- any group setting where you wish to support people to sleep better and find an existing need.

What will I learn on the Sleep Recovery Group Course TT?

For each step of the Sleep Recovery process, and each week of the course, you'll learn to convey the scientific basis for the practices to give meaningful context for the practices and tools we use.

- Learn to teach group practices and to share particular tools including specific yoga postures and sequences, breathing techniques, meditations, self-acupressure, and self-reflection techniques.
- You will learn approaches to assist people who are experiencing:
 - Trouble getting to sleep
 - Waking in the middle of the night
 - Waking too early
 - Sleeping too short or too long
 - Daytime exhaustion
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- You will learn to teach with regard to individual needs and different body-mind sleep 'types' within in a group setting.

A separate course, Yoga Therapy for Insomnia and Sleep Recovery for working more in depth, one to one with clients and students, is under development and due to be launched early in 2022.

Course Structure

Learning (Modules 1-3)

This Training has 3 core Learning modules, each of which involves a learning loop of:

- a) Learning in your own time using the *online learning platform* (videos, articles, book chapters, learning activities and online discussion forum).
- b) Learning together in *online live webinar and workshops* with Lisa Sanfilippo.
- c) Reviewing and practicing what you learnt to solidify your knowledge using the *online platform, peer meetings, and more*.

Practice (Modules 4-5)

- a) Identifying a *group to teach* and recruiting a first group.
- b) Offering your first Sleep Recovery Course over multiple weeks *with support*.
- c) Engaging with *peer and mentor support* during your first course.
- d) Receiving and reviewing *feedback* as your final assessment for your final certification.

Support Post-Course

As soon as you join the training you are part of the *Sleep Recovery Network*, to maintain peer support, ongoing professional development and other opportunities.

Prerequisites

In order to participate in this training, you are required to have an appropriate qualification and scope of practice:

- A: Qualified yoga teacher or yoga therapist min 200 hours - or for newly qualifying, you must have your qualification by the end of module 3 (Jan 2022).

OR

- B: Insured and professionally registered allied health professional- GP, psychotherapist, occupational therapist, osteopath etc. and can provide proof of qualification and insurance - and are within your professional scope to provide group courses.

Course Work/Assignments

During the course, you will:

- Attend all live webinars and practical sessions - *Please do not plan on missing sections without express permission prior to enrolling in the course.*
- Study the relevant course materials accompanying each module.
- Participate in online review discussions and quizzes.
- Practice using Sleep Recovery tools from the start of module 1 to the start of module 4.
- Practice teaching the Sleep Recovery tools in between modules.
- Recruit students and teach your own 5 week Sleep Recovery Course with support.

What is the time investment and requirement for learning?

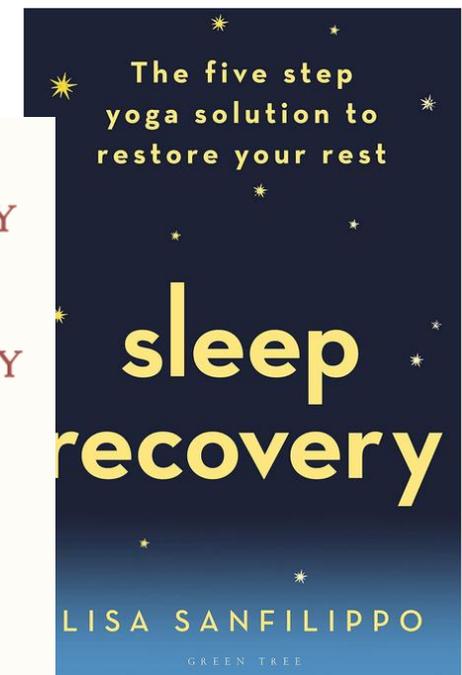
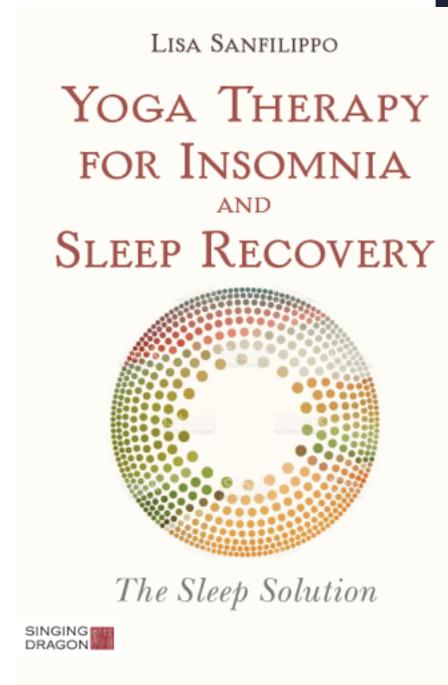
- For each module expect a minimum of 3 hours learning on your own. If you estimate 5 hours per week you will have well enough time to prepare.
- You must attend all of the webinars/ workshops to receive your certificate and continue as part of the network or make up with a tutor at an additional cost. You may make up one session only.
- You will need a desktop or laptop computer to take part in this course: a phone, iPad or tablet can be used as backup but would not be adequate as the only means of accessing the course and its online learning platform.

Required Books

- Sleep Recovery: The five step yoga solution to restore your rest (Bloomsbury 2020) by Lisa Sanfilippo
- Yoga Therapy for Insomnia and Sleep Recovery (Singing Dragon 2019) by Lisa Sanfilippo

Recommended but not required

- Charge and the Energy Body (Hay House 2018) by Anodea Judith



After the Course

On satisfactory completion of the course, you will be ready to:

- Incorporate Sleep Recovery principles into your yoga teaching.
- Teach Sleep Recovery practices of asana, pranayama, meditation and marma points to individuals and groups.
- Teach the Sleep Recovery 5-week course.

On satisfactory completion of the course, you will receive a Sleep Recovery Teaching Certificate and Yogacampus Certificate of Attendance.

If you complete all of the assignments and pass the practice teaching assessments, you will be eligible for membership in the Sleep Recovery Network (includes entry on the online Sleep Recovery directory, professional knowledge update seminars, group supervision for one to one Sleep Recovery teaching at a discounted rate, marketing materials to promote your Sleep Recovery courses and classes, and access to discounted copies of Sleep Recovery to use as handouts with your students and clients).

Diversity and Inclusion Statement

Sleep Recovery aims to be accessible to all. We are committed to taking active steps to promote inclusion, leadership and representation. We are making changes to embrace and represent a diverse community including all aspects of our commonalities and differences: including those related to race and ethnicity, age, gender/identification, mobility/ ability, size and shape.

We seek to recruit, train, learn from and support a diverse community of teachers so that we may more fully meet the needs of diverse communities.

Public Service Scholarships

There are 2 scholarship places on the course reserved for people with motivation, experience and support who are working in a public service setting. These are either 100% or partially funded scholarships and will be awarded to those who will be able to offer the course within a public service setting and help to gather information about how it works.

Diversity in Wellness Scholarships

These are either 100% or partially funded scholarships and will be awarded to those who can offer the Sleep Recovery course within a particular community or group to promote greater diversity in yoga and well being.