

**Total Yoga Nidra Teacher and Facilitator Training**  
with Uma Dinsmore-Tuli PhD and Nirlipta Tuli MA

- **Encounter yoga nidra in its totality.**
- **Explore the multiple forms and levels of this remarkable yoga practice.**
- **Become empowered to deepen your own intuitive practice of meditative yoga nidra beyond the limits of standard trademarked and traditional forms.**
- **Understand the full living range of different methods, lineages and levels of total yoga nidra.**
- **Experience total yoga nidra as a living intelligence of the heart, an adaptogenic practice of deep healing and self-discovery.**
- **Grow in confidence to share responsive and appropriate total yoga nidra practice with students and clients.**

This training is a uniquely comparative and creative, experiential course, held in a monastery setting in London, which offers practical training and personal and professional development. The course is designed and tutored by Uma Dinsmore-Tuli and Nirlipta Tuli, who together have over forty years experience of practice, teaching and working therapeutically with all forms and levels of yoga nidra.

### **Synopsis**

This course empowers you to encounter yoga nidra in its totality. It is all about yoga nidra as a healing and transformative practice of swadhyaya (self-study), pratyahara (sense withdrawal), dharana (concentration) and dhyana (meditation). It addresses the therapeutic use of yoga nidra for healing, deep relaxation and problem solving, as well as for personal and spiritual growth by accessing and developing creativity and intuitive wisdom.

The course also offers a detailed exploration of the structure, content, history and function of yoga nidra, providing a clear programme of comparative study across a range of different forms, methods, lineages and levels of yoga nidra to develop personal experience and understanding of this most powerful yoga practice in its totality.

The course trains yoga teachers and therapists to share total yoga nidra with confidence in the class setting, in one-to-ones, both for a range of therapeutic applications, and also as a silent, internalised meditative practice that ultimately does not require the presence of an external auditory guide. The training is rooted in a depth and breadth of personal practice of yoga nidra that intelligently charts, questions and explores the total range of experiences that the practice offers. The course teaches you how to navigate the different states of consciousness which can be experienced in the practice of yoga nidra, and to recognise what methods, approaches and levels of practice are most appropriate for specific needs and times of life.

### **What is yoga nidra?**

We understand yoga nidra to be potentially the most transformative, potent and remarkably adaptive of all yoga practices. It is fundamentally an adaptogenic practice – this means that it has the capacity to adapt and respond to the needs and levels of consciousness of the person who is doing the practice. Yoga nidra is in fact not really a single practice, but rather an experience of altered states of consciousness. These states of consciousness begin in the awareness of the body (for example through the use of rotations of consciousness, where awareness travels around the physical body whilst the body remains still) but they can, and often do, totally transcend the physical body. The states of consciousness encountered in yoga nidra are essentially meditative experiences. They can be used therapeutically for healing, and they also have a wide range of benefits, including the enhancement of creativity and productivity and the improvement of sleep and general health. Yoga nidra can also be used for work with goal setting

and the fulfilment of life visions and plans, but ultimately, all of these benefits are the positive side effects of a profound spiritual practice.

### **What is *Total* Yoga Nidra?**

Total Yoga Nidra is a comprehensive, inclusive and non-dogmatic approach to yoga nidra that respects and explores not only a *range of practice methods*, but also acknowledges and supports a variety of *different levels of experience* during yoga nidra. Total yoga nidra empowers you to encounter yoga nidra in its totality: as an adaptogenic meditative practice without limits in terms of its capacity to heal, nourish and liberate.

For example, most people who are familiar with yoga nidra have listened to some kind of pre-recorded audio track(s), but might not have had the opportunity to encounter the practice 'live' from a teacher in a group setting; and, although many people may have experienced a 'live group' yoga nidra, where a teacher delivers a standard 'script' to a group of students, this relaxing experience is very different from practising yoga nidra that has been specifically tailored especially for a particular individual, for example in a one-to-one setting. This experience in turn is different from the encounter with yoga nidra that comes during a practice that is *co-created* by teacher and student together, with the specific intention to meet the student precisely where s/he is right now, both in language and method of practice, and in terms of the level at which that practice can be most appropriately met.

And whilst all of these experiences of yoga nidra certainly bring huge benefits, an entirely different set of possibilities open up when yoga nidra is 'set free' from the need to have any external auditory guide of any kind. At this level of self practice, the protocols for practice are so deeply familiar to the practitioner that when we simply lie (or sit) quietly, then the practice can be invited to unfold silently, in the voice of our own intuitive inner guide.

### **Personal practice is the key**

Total Yoga Nidra trainings use personal practice as a basis to explore all of these different approaches to yoga nidra, from the creation of 'standard' group scripts through to the development of individually responsive practices for particular students/clients, to the silent practice of an interiorised and personal unfolding of intuitive yoga nidra.

### **Understanding different levels of practice**

Beyond recognising the *range of approaches* to practice, Total Yoga Nidra also explores the *different levels* of experience associated with all these forms of encounter with the practice. For example, at the first level of encounter with yoga nidra, a sense of relaxation and physical well-being can be the most noticeable effect. Practitioners feel rested and revitalised, and many chronic functional problems and experiences of pain and dis-ease may be relieved: in particular, the practice can promote positive sleep patterns, and healthy digestive and menstrual rhythms. At this level, yoga nidra is of enormous therapeutic value as a means to relieve physical and mental tensions, and is a precious tool for every human.

With practice, skill and familiarity, yoga nidra can also become an immensely valuable tool for enhancing creativity and problem solving in every dimension of life, from promoting resourceful, adaptive business thinking to supporting more open-hearted relationships, intuitive trust, or a more vivid and enriching dream life. Deep healing for specific and complex health issues including pain relief may also be facilitated through appropriate methods and levels of yoga nidra practice.

The reason that yoga nidra is of benefit not only in promoting physical well-being and creative freedom of thought and emotional response, is that at its heart yoga nidra is a form of meditative awareness that welcomes us home to our true nature, which is freedom. The states of consciousness we encounter in yoga nidra empower us to rediscover our underlying essential Self, and in that encounter we meet limitless freedom in every dimension of being.

### **What makes Total Yoga Nidra different from other approaches?**

Total Yoga Nidra training has been developed by the co-founders of the open access, non-hierarchical Yoga Nidra Network, with the intention to expand and heighten awareness of the massive potential and range of all forms and all levels of yoga nidra practice. We know yoga nidra to be a great treasure amongst yoga practices, and we have a total commitment to ensuring unrestricted open access to and respect for the many different varieties and levels of yoga nidra experience that we have encountered and which we wish to share widely and freely.

Uniquely amongst yoga nidra training courses, we do not subscribe to a single form or method of approach. On the contrary, we resist all efforts to limit and restrict the range of experience available through yoga nidra by setting limits on forms of practice, or proscribing levels of encounter with the many states of consciousness that can be met in yoga nidra. Our intention is to open out the practice of yoga nidra as widely as possible, not to close it down by restricting it only to certain forms and levels.

Unfortunately the history and development of yoga nidra over the past forty years has led certain schools and institutions to trademark, re-name, define and otherwise endeavour to own the forms of consciousness which are encountered in yoga nidra. There have been attempts to use fear and falsification of the true provenance of the practice of yoga nidra to convince practitioners that there is only one way to access the states of yoga nidra that are so deeply healing and meditatively expansive.

We believe that it is neither ethical nor helpful to trademark, proscribe or otherwise limit free access to states of consciousness. These experiences are everybody's treasure. And so our mission is to widen access to and raise consciousness of the possibilities of Total Yoga Nidra. The courses and retreats we have developed create a safely held, ethical and responsible way to achieve this mission.

The courses are accurately described as Total Yoga Nidra, because any approach that only offers one perspective is bound to be *partial* yoga nidra, both in terms of offering only one part of the whole spectrum of approaches and levels, and in terms of being partial to its own limited perspective, so that everyone ends up with the same kind of practice to do. For us, there is no 'one size fits all' - so we are keen to show people how to engage in the kind of yoga nidra practice that is most healing, uplifting or otherwise appropriate to them right now. The Total Yoga Nidra courses are responsive and sensitive and use the total range of approaches to yoga nidra that are available.

Because together we have over forty years experience of practice, teaching and yoga therapy that have utilised a wide range of different forms, approaches and levels of yoga nidra, we believe that it is important to keep an open-hearted welcome to all developments of yoga nidra. We know that all the forms and levels of yoga nidra have their values and uses, it just depends on what is appropriate for the person practising at the time. Our aim is to train teachers and therapists to offer safe and appropriate yoga nidra practice to everyone, basing their wise choices and understanding of what is suitable and supportive on carefully nurtured skills and experience.

Fundamentally, Total Yoga Nidra trainings are rooted in the perception that yoga nidra is far too valuable to be trademarked, owned or otherwise restricted to a single form or level of practice. Total Yoga Nidra trainings respect and honour Yoga Nidra as an adaptogenic living intelligence

that manifests in many different forms and at many different levels for different people at different times. It is important to be aware of these differences in order to make informed choices about which form or level of practice is likely to be appropriate for any particular individual at any given point in their lives.

For example, whilst the introductory levels of a standard group practice or mass-produced pre-recorded audio track may make a perfect starting place for most people, there are many instances where the standard 'one size fits all' approach is unsuitable. Total Yoga Nidra Trainings address this issue: for those clients with specific physical or mental health issues, then attentive and resourceful adaptation is necessary to create appropriately healing practices of yoga nidra, whilst for those persons who perhaps have been meditating or practising yoga nidra for many years, it makes sense to support their own co-creation of practices with a view to empowering them to experience yoga nidra as a silent meditative encounter. In Total Yoga Nidra trainings all these options, and more, are explored.

Uniquely amongst yoga nidra trainings, there is no obligation to sign up to a single form of practice, nor to value one method above another. Total Yoga Nidra acknowledges that there are many different forms and levels of practice, and recognises that the appropriate choice of both form and level all depends on the nature of the person who is practising. We believe that any restriction in our understanding of yoga nidra is a limitation of the possible benefits which the practice can bring, and so it is crucial to have an expanded awareness of the many different approaches and levels of yoga nidra practice in order to offer appropriate responses that best suit the individuals in question.

Our intention to share what we know about the totality of yoga nidra has been deepened by the resistance and disapproval that we have encountered from those who have an interest in controlling and otherwise limiting the range of yoga nidra. We call it Total Yoga Nidra because most other teachers and schools who are sharing this practice are doing so from a dogmatic or sectarian position of offering their own single approach, as if that is the only way to do it. In contrast, and in keeping with the reputation of course organiser Yogacampus as offering the best, non-aligned, eclectic and non-dogmatic trainings available, the Total Yoga Nidra courses are uniquely comparative and expansive, evaluative and creative. What we offer are responsive, individualised and creative approaches to yoga nidra that draw from the full spectrum of approaches to and levels of the practice.

We believe that our commitment to remain independent and free from the hierarchical confines of any given lineage or institution empowers us to be of better service both to the spirit of yoga nidra, and to those people who have an interest in experiencing the practice in its totality. A characteristic of our training courses is that they encourage you to think, feel and experience for yourself: to question and explore your own encounter with yoga nidra, and to draw your own conclusions based on personal experience. We do not offer dogmatic, certain answers, nor do we prescribe or limit understanding according to pre-held expectations and ideas. We know yoga nidra to be a living entity, and we seek to serve its growth and development through practice, exploration, questions and discovery.

### **Suitable applicants**

The course is primarily designed for qualified yoga teachers and yoga therapists and trainee yoga teachers who have completed the Total Yoga Nidra Immersion Experience (formerly known as the 'Foundation' course).

Dedicated yoga practitioners, counsellors, psychotherapists, life coaches, clinical hypnotherapists, complementary medicine practitioners and others with an interest in the healing power of yoga who have done the Total Yoga Nidra Immersion Experience, are also welcome but will need to complete the application form.

If you are interested in joining the course for personal development only and are not interested in teaching yoga nidra, you are welcome to join and will not be required to deliver yoga nidra to the group, or do the case-study and will not receive a Yogacampus certificate.

Yoga teachers who have already completed the Total Yoga Nidra Immersion Experience do not need to complete the application form and can book directly onto the course via the Yogacampus website.

In very exceptional circumstances, yoga teachers with a broad background of using yoga nidra in different settings, yoga nidra teachers and those that have experiences a large range of yoga nidra from different traditions may be able to join the training without completing the Immersion Experience – if you feel that you would be eligible for this, please email [info@yogacampus.com](mailto:info@yogacampus.com) stating that this is what you wish to do. You will be sent an online questionnaire to complete.

All participants need to have fluent spoken and written English.

### **Aims of the Total Yoga Nidra teacher training course**

- a) To provide an holistic, comparative and sustained examination of the practical application of total yoga nidra in yoga classes, for personal use, and in one-to-one sessions.
- b) To enable yoga teachers, therapists and health professionals to use Total Yoga Nidra safely and appropriately in the class situation, and for one-to-one sessions.
- c) To encourage a critical awareness of a range of different approaches to yoga nidra in order to empower students to evaluate others' perspectives and develop a clear rationale for their own approach to the uses of yoga nidra.
- d) To develop a creative response to the needs of clients and students, enabling teachers and therapists to create and tailor yoga nidra scripts appropriate to specific circumstance and requirements.

### **Intended learning outcomes**

Students will be able to:

- a) devise and deliver Total Yoga Nidra practices appropriate to the needs of themselves, their students and their clients;
- b) demonstrate a clear practical understanding of the structure and function of Total Yoga Nidra, including models of best practice, and techniques to be avoided;
- c) demonstrate a practical understanding of the key principles of yogic psychology and philosophy relevant to the practice of Total Yoga Nidra;
- d) demonstrate a contextual understanding of the development and history of Total Yoga Nidra across different lineages;
- e) share Total Yoga Nidra with an informed sensitivity to the emotional and spiritual experiences of those receiving the practice;
- f) teach a range of restorative yoga asanas suitable for use during yoga nidra practice;
- g) teach within the appropriate safety guidelines for this type of yoga practice.

### **Course content**

The 28 key topics covered are:

1. Understanding the structure and variations in approaches to and levels of Total Yoga Nidra practice.
2. Clinical hypnosis, self-hypnosis and yoga nidra – a full exploration of the relationship between these practices, including hypnotic language patterns, exploring the hypnotic components in yoga nidra, considering yoga nidra as self-hypnosis, and self-hypnosis as yoga.
3. Further explorations in history and development of yoga nidra: nyasa, tantra, Satyananda Yoga, Himalayan Institute, Richard Miller, Swami Veda Bharati, Swami Jneshvara Bharati.
4. Deeper explorations of yoga philosophy and cosmology in relation to Total Yoga Nidra: tattwas, chakras, koshas, Samkhya, Upanisadic world view.
5. OM, yoga nidra and the Mandukya Upanisad – an exploration of sound and yoga nidra.
6. Exploring research on yoga nidra – exploring the value of understandings from neuroscience, clinical psychology, psycho-neuro-immunology and physiology in relation to the function of yoga nidra, including stress and the relaxation response.
7. Restorative asana: refinements on propping poses for yoga nidra.
8. Settling the physical body: first stage of yoga nidra, language and other tools.
9. Sankalpa: resolution and intention setting, listening to inner guidance, framing and using Sankalpa within and around yoga nidra.
10. Rotations of consciousness: a range of different effects, rationales and methods.
11. Pairs of opposites: a range of different structures, effects, variations.
12. Breath awareness /pranayama: specific use within the structure of yoga nidra session, and to support the practice of yoga nidra.
13. Visualisations: a range of different traditional and creative scripting options, contra-indications, appropriateness and therapeutic value.
14. Abreactions: why they happen and how to handle them.
15. Therapeutic applications: values and limitations of yoga nidra.
16. Creativity and innovation: devising your own Total Yoga Nidra experiences; metaphor, poetry and grammar for enlightened communication.
17. Responsiveness: tailoring script to needs of target populations, bespoke scripts: utilising client images in yoga nidra.
18. Self-development: sample practices, support for self-reflection and growth.
19. Differentiation: sample scripts for different levels of practitioner experience.
20. Voice and gaze: developing and supporting prana transference through voice and gaze.
21. Delivery: timing, safety issues and other practical consideration
22. Pratyahara: understanding the effects of sense withdrawal.
23. Dharana: yoga nidra as an aid to improve concentration.
24. Dhyana: yoga nidra as the meditative heart of yoga.
25. Spontaneous and creative unfoldings of yoga nidra: facilitating the practice as a portal to creative expression and spiritual growth.
26. Living yoga nidra: practical and effective integration of yoga nidra into daily life.
27. Lucid dreaming and sleep – guidance and discussion of the effect on sleep and dream of the practice of yoga nidra, including two Total Yoga Nidra practices to develop and utilise the experience of conscious (lucid) dreaming.
28. Total yoga nidra as a therapeutic tool

### **Teaching contact hours, time frame and venue**

In brief, the course is 45 hours contact time, plus a further hour of individual consultation time and personal tuition (by email, phone/Skype) to support 10 hours of assignments, practical homework and daily listening homework amounting to approximately 60 hours total. (These hours are in addition to the 10 hours of the Immersion Course).

1. The course requires 45 hours contact hours of group tuition, spread over two meetings. Ideally the first and second weekends have a longish gap between them to allow sufficient time for the completion of assignments and case studies.
2. In addition to the group contact hours, there are ten hours of assignments and a further hour of individual tutorial time (in person or by phone or Skype).
3. Daily schedule is 'immersion style', with long days including walks and rests to draw inspiration for the creation of yoga nidra practices. This immersion style training facilitates deep engagement with the practice, and enables students to connect very literally with the application of yoga nidra in daily life, because the course is actually about 'living' yoga.
4. The course runs in an ideal learning environment for immersion style training: the main Shrine room of the monastery provided by the Tibetan Buddhist Centre Kagyu Samye Dzong in SE London. This beautiful and secure space enables students to share their learning journey fully with each other and to enjoy the full support of the course tutors.

### **List of assignments and other homework**

These assignments and assessments are intended to support the development of a deep personal engagement with the practice of Total Yoga Nidra, and to empower the student with the practical skills and understanding to use and share the practice with confidence.

#### **a. *Prior to the first weekend***

You will need to submit:

- A brief account of your yoga training and/or experience, with particular reference to any prior yoga nidra experience;
- a brief account of why you want to do the course, what you hope to get out of it, and what you hope to contribute;
- a brief account of the yoga nidra which you have attended / observed, and any thoughts on its usefulness.

#### **b. *Comparative practical studies in yoga nidra***

Before the first weekend, you should listen at least once (and preferably more than five times each) to each of the five yoga nidra audio recordings provided on CD or as MP3 downloads and sent to each student as part as a link from their course booking email.

In preparation for the course, you should write very brief review notes on each of the recommended yoga nidra tracks listened to (pro-formas provided as links from their course booking email)

All students before the course are asked to read three set texts for the course (Swami Satyananda Saraswati's *Yoga Nidra*; Richard Miller's *Yoga Nidra, the Meditative Heart of Yoga*; and Rod Stryker's *The Four Desires: Creating a life of purpose, happiness, prosperity and freedom*).

#### **c. *During the course:***

1. Daily listening homework prior to and during the course (to include a set of pre-course listening homework, as well as recordings of those practices experienced during the course itself). Recordings downloadable from [www.yoganidranetwork.org](http://www.yoganidranetwork.org).
2. Personalised practice of yoga nidra.
3. Development of yoga nidra practice appropriate to the needs of specific client/student group.
4. Short case study on the effects/reception of the above practice.

5. Timed practice for the delivery of 15 minute yoga nidra practice to fellow students on the course, and receiving feedback from peers.
6. Studying the course manual (150 pages) between the first and second weekend.
7. Creation of teacher/therapist profile and class/session descriptions for listing on [www.yoganidranetwork.org](http://www.yoganidranetwork.org) if desired.
8. Between the first and second weekend, students select two of the five recommended recordings and write a detailed comparative analysis of their content, timing, language, structure and delivery. Pro-formas for these analyses are provided in the course manual. Discussion of these comparisons occurs in the second weekend.

## Outline of tutor experience

### Uma Dinsmore-Tuli PhD, YThDip

I have been practising a variety of different forms and levels of yoga nidra daily (often twice daily) for the past seventeen years. So I know that it works – from personal experience. I teach it to individual clients and participants on my retreats and yoga classes, and also offer teaching and training in the subject on my own teacher training specialist courses in pregnancy and postnatal, family and women's yoga, and for the Yogacampus yoga therapy trainings. I have a huge range of experience of the variety of application and responses to total yoga nidra, ranging from two hour mass yoga nidra classes in vast tent structures (at Santosa yoga camps!) to intimate therapeutic use in cases of severe illness and injury. I was trained to use yoga nidra on two separate Bihar School of Yoga teacher training courses (1997 and 1999), neither of which I was able to complete. I expanded my understanding of yoga nidra on the Yoga Biomedical Trust Yoga Therapy diploma course (1997 – 2000), and since then I have assiduously explored all available approaches to the form, and have been very positively influenced by the developments offered by Richard Miller, Mukunda Stiles and Swami Muktidharma Saraswati. Together with my husband Nirlipta, I have recorded three audio CD yoga nidras, and one on the Mother Nurture DVD. Many of my more recent recordings are available for free download at [www.yoganidranetwork.org](http://www.yoganidranetwork.org)

**Nirlipta Tuli MA, MBSCH** (Member of the British Society of Clinical Hypnosis) and BWY accredited teacher . Nirlipta has been using yoga nidra for twenty five years since he first encountered the practice in 1988. He was trained to teach yoga nidra by Swami Pragyamurti on his Bihar School of Yoga Training (1994). He qualified as a Clinical Hypnotherapist with the London School of Clinical Hypnotherapy in 2002 and has a broad range of experience of the application of yoga nidra, ranging from group sessions addressing insomnia, stress and pregnancy to individual sessions to resolve trauma and phobias, and for pain management and for personal development.

## Resources and teaching methods

- Course manual: clear and comprehensive to summarise teaching input on each of the topics outlined in the previous section and minimise the need for note taking.
- Charts, diagrams: to facilitate understanding of the physiology and relaxation.
- Audio CDs and/or MP3 downloads: a full selection of yoga nidra recordings selected and assembled by the course tutors (from our vast library of yoga nidra recordings, collected over 20 years!) for personal use during the course and as the basis for analysis and comparison during assignments and discussions.
- Small group work: for discussion of controversial points raised in reading and practice.
- Pair work: for detailed application of practical issues in teaching.
- Teaching practice: each student teaching whole class group.

- Case studies: used as examples in course leader's talks. See also assessment and assignments.
- Sharing and de-briefing of own experiences.

### **Postscript - Background**

This three part course (Immersion course plus two weekends of the teacher training course) has been developed by Uma Dinsmore-Tuli and Nirlipta Tuli in response to feedback and responses to their original successful two part course (Learn to Teach Yoga Nidra) that was designed in 2009, and has been running in association with Yogacampus since 2010. Over one hundred yoga teachers have been trained to teach yoga nidra through this course, and the development of the new three part course is intended both to widen access to the experience of yoga nidra by the addition of the Immersion course, but also to deepen the personal practice of anyone with an interest in this remarkable aspect of yoga practice. Existing yoga nidra teachers have the opportunity to offer support, assistance and mentoring on the new three part training, as well as to attend the Immersion course for a personal retreat with the intention of deepening their own practice. The entire course is accredited by the *Independent Yoga Network* and is also offered as an elective module of the *Yogacampus Yoga Therapy Diploma* course.