



Certificate of Excellence
I AM Yogra Nidra Facilitator (YN-IDL)

100 Classroom Hours
 6.00 Credit Hours

15 Instructional Weeks
 15-17 Calendar Weeks

Yoga Nidra, or “psychic sleep,” is an ancient practice that allows the body and mind to enter into a deeply relaxed state with the intention of bringing the conscious mind into harmony with the subconscious and unconscious. Essentially, while the body enters a state of sleep, the mind is guided into a place between sleep and wakefulness in order to accept positive instructions from a facilitator. These instructions are meant to promote mental healing through the power of unconscious visualization, pranic healing through the flow of light and energy in the body, and an increased sense of will power and resilience. This powerful technique of synchronization has been shown to be useful in eliminating the root causes of negative thinking and stress. Through the perspective gained in Yoga Nidra, we may reduce the impact of tension-related disorders like hypertension, depression, insomnia, asthma, anxiety, chronic pain, digestive illnesses, and much more. Yoga Nidra is also shown to be highly effective in training the mind to access its natural well of creativity, problem solving, memory faculties, and learning abilities.

<i>I AM Yoga Nidra Facilitator</i>						
Code	Course	Clock	Credit	Pre-Req	Synch	Date
YO 410-OL	Yoga Nidra I: Immersion	30	2.00	N/A	N/A	
YO 415-OL	Yoga Nidra II: Working with Clients	30	2.00	YO 410-OL	Optional	
YO 420-OL	Yoga Nidra III: Advanced Applications	40	2.00	YO 415-OL	Optional	
	Subtotal	100	6.00			

Student _____ Date: _____

Advisor _____ Date: _____

Our mission is to inspire individuals to discover their gifts and graces, and support them as they share their talents with the world in a loving and profitable way.
