



KAVAALYA

Syllabus

YOGA NIDRA TEACHER TRAINING COURSE

For all ages and physical conditions

Includes Meditation Techniques





Welcome

This is an exceptional course, because yoga nidra is an exceptional technique, for its simplicity and transforming power.

Some of the changes it produces are easily perceived after the first practices, such as an intense feeling of relaxation, due to the release of serotonin. Other changes are not so evident, but have a decisive impact on our life experience.

The harmonious functioning of the cerebral hemispheres achieved through the process of yoga nidra, leads us to replace the (ineffective) reactive responses to the stressful situations of everyday life, with other more conscious ones, which provide solutions and help us to establish strong personal relationships, and to achieve our goals.

All this with a technique that only takes 20 to 30 minutes a day and is suitable for everyone. All you need to do is lie down and follow the instructions.

That simplicity and effectiveness is the reason why it is very appealing for people suffering from stress and anxiety, and also for those who have problems to benefit from meditation or mindfulness practices.

Hope to see you soon in the live classes.

Prashant Pandey

A handwritten signature in black ink, reading "P. Pandey." with a horizontal line underneath.



Important note:

The program now also includes the Hridayakasha Dharana meditation technique. The objective is to help the practitioner to further develop the ability to concentrate.

The combination of the Yoga Nidra process, which releases stress and deep anxiety, with the ability to focus and calm the mind of this meditation technique, results in great relaxation and stabilized well-being, increasingly resistant to the circumstances of everyday life.

The different phases of this technique are taught in live classes after the yoga nidra practice.

About the course

This program is developed based on the Kavaalya System, an exclusive concept of our school, designed to bring everyone closer to the benefits of millennial yoga.

The Kavaalya System is structured around scientific data that supports the practice of original yoga, for its physiological, neurological, and psychological benefits, reflected in each of our training programs.

A teacher trained in the Kavaalya System delivers coherence and projects teaching as a central concept in the learning and practice of yoga.

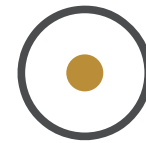
This method of work places us, year after year, as the reference school for thousands of students worldwide.



For all ages and physical conditions



Do it at your own pace from anywhere



Live classes are recorded so you can watch them whenever you want



All classes in your language



The Teacher

Prashant Pandey is an exceptional yoga master with 25 years of experience. He spent a decade immersed in the yogic lifestyle at the prestigious Bihar School of Yoga in India, where he deepened his knowledge and understanding of this transformative technique.

His mastery allows him to guide students in the practice of authentic Yoga Nidra, achieving states of deep relaxation, internal healing, and introspection.



Program Structure

It is important to say first that this is a very practical course, simply because Yoga Nidra is an extremely practical technique.

There is no yogic philosophy. It would add nothing.

The program is organized as follows:

1. Introductory lessons
2. Live classes
3. Levels of practice



1. Introductory Lessons

- **"The Art of Relaxation"**. Here Prashant explores the origin of the technique and where its transformative power lies.
- **"Guidelines"**. This is a guide to the structure of the practical classes and how to make 100% use of them.
- **"Basic asanas"**. You learn to perform a series of stretches that contribute to the stimulation of the energy of the body, to intensify the effect of the practices. They are optional, but it is recommended to perform them when yoga nidra is done early in the morning.
- **"Shavasana"**. It is the basic posture in yoga nidra. When you follow the teacher's instructions at each level, you should adopt this posture when indicated.

2. Live classes

The presence and guidance of the teacher is very important, especially during the first weeks. Feeling supported is key to consolidating the practice and receiving all of its benefits.

For this reason, in addition to the Inauguration Session of the course, you have Group Sessions in which you can ask questions and practice with the teacher.

Additionally, there is an internal questionnaire to resolve questions related to the practice or the operation of the course.

3. Levels of practice

Each level is a class in which the practitioner lies down and the teacher leads him/her through the yoga nidra process, which is structured in this way:

- Preparation
- Relaxation of the body
- Rotation of consciousness
- Observation of the breath
- Completion process

Progressively, level by level, new elements are introduced to deepen the relaxation process. These new elements are detailed below and divided into groups of 9 levels:

Levels 1–9

- **Observation of natural breathing** in 4 parts of the body.
- **Introduction to sankalpa.** It is a Sanskrit word that can be translated as resolution or purpose. It is a very important stage of yoga nidra and a powerful method to shape the personality and reorient our lives. If you know what you want to achieve in life, sankalpa can be the creator of your destiny. But first you must have clarity in the direction to take. Natural breath counting (11-1). This element helps us to remain more conscious during the yoga nidra process.
- **Visualization of images.** This technique helps to unlock the stored contents of the unconscious mind, which normally only manifest during dreams.
- **Extension of the breath countdown from 27 to 1.** The purpose is to deepen concentration, to remain even more conscious while observing the breath.
- **Opposite sensations of heaviness/lightness and pain/pleasure.** Experimenting with opposing sensations helps to improve homeostatic balance, and even evolves it by making normally involuntary functions conscious. In this way, yoga nidra progressively transforms the whole experience of sensual life within the physical body. The practitioner deepens the development of an attitude of simply witnessing in extreme situations.

Levels 10-18

(Deeper dimensions of the subconscious mind are reached. Greater relaxation)

- The breathing pattern changes completely. Natural breathing is no longer experienced, now attention is focused on the breath and psychic pathways.
- Opposing feelings are experienced as a set, not individually as in previous levels.
- Reverse counting of the psychic breath is introduced, which deepens as we advance through the levels.
- Thematic visualizations are also introduced, which help to free the mind from negative impressions deeply rooted in the subconscious. In addition, the creativity of the mind is developed.
- The process of body awareness is advanced by introducing, step by step, more subtle aspects: **Body awareness** **Ground/body awareness** > **Extended ground/body awareness** > **Extended ground/body awareness** > **Skin awareness**.
- The meditation practice Antar Mouna, which means “inner silence,” is added. It is one of the most effective techniques to reach the state of “pratyahara” (Fifth stage of Raja Yoga meaning: withdrawal of the mind). The awareness of the inner space behind the forehead, called ‘chidakasha’, is introduced.

Levels 19-27

- The nadi shodhana (mental) alternate breathing technique is added, which is developed level by level. Very effective in bringing inner balance and harmony.
- Antar mouna stage 2 meditation is incorporated, based on the observation of spontaneous thoughts.
- Witness observation time is increased to master the attitude of detachment.
- Awareness of all opposing sensations is reintroduced- Breathing is also observed in 3 stages:
 1. Alternating nasal breathing (Nadi shodhana) by placing attention between the eyebrows.
 2. Creation of an inner triangle while performing Nadi shodhana.
 3. Visualization of flashes on the breath in the form of prana (energy).

- New and more powerful thematic visualizations are introduced that lead to a greater degree of self-knowledge:
 1. The practitioner observes his or her own body reflected in a mirror, to deepen the experience of being separated from the body.
 2. The “pranic body” (energetic body) and the inner life force are experienced.
 3. Experience of levitation.
 4. Awareness of the chakras that leads practitioners to discover the psychic centers (level 27).





4. Teaching Module

During these sessions, you will have the opportunity to learn to integrate Yoga Nidra with other yoga techniques, practice in the presence of the teacher to consolidate what has been learned throughout the course, and develop the necessary skills to transmit it effectively.

The program also includes an assessment of knowledge to obtain certification as a Yoga Nidra teacher.

Yoga Nidra for Specific Audiences

It is true that Yoga Nidra is for everyone, but it is also true that, for certain groups of people, the practice of Yoga Nidra can be adapted to maximize its impact on well-being.

For this reason, it is necessary for Yoga Nidra practitioners and teachers to know the appropriate sets of practices and apply them correctly according to each specific group.

Understanding the structure and application of these specific practices is one of the key aspects of this course. The Yoga Nidra practices are included for the following groups:

- Yoga Nidra for children
- Yoga Nidra for pregnancy
- Yoga Nidra for athletes
- Yoga Nidra for the elderly
- Yoga Nidra for managing depression
- Yoga Nidra for managing hypertension
- Yoga Nidra for managing diabetes



Schedules

Course Opening

Saturday

Live classes

Fridays, from 4:30 pm to 6:00 pm, starting the Friday after the course begins.

Teaching Module

7 additional sessions starting approximately 60 days after the beginning of the course.

Includes a practical assessment to obtain the certificate, held over a weekend.

CERTIFICATE

OF COMPLETION

This certifies that:

STUDENT NAME

has successfully completed

Yoga Nidra Teacher Training Course

60 hours

This program includes all levels (27) of the technique.
Plus a Yoga Nidra instructor training module.



Issued : 22-07-2023



Prashant Pandey
Lead Teacher

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Certificate ID. 2023-12429

Kavaalya is a school certified by Yoga Alliance, which is why this course enables yoga teachers to record their training hours - YACEP (Yoga Alliance Continuing Education Provider).



Thank you
for your interest

[Access the course](#)

