



# Yoga Nidra Certified Facilitators Course

Yoga Nidra Using Individualized Assessment & Therapeutic Planning:  
Experience The Power of a Yoga Nidra Daily Practice Created Uniquely for You!

## Empower. Transform.

The Yoga Nidra Facilitators Course is a comprehensive and transformative 6-month training program that equips individuals with the knowledge, skills, and certification to become certified Optimal State Yoga Nidra Facilitator.



## Empowered Guidance

This program combines ancient wisdom and modern techniques to empower participants to guide others through the powerful practice of Yoga Nidra, which promotes physical, mental, and emotional well-being through deep relaxation, guided meditation, and self-inquiry.



## Course Highlights

- Explore the principles, philosophy, and science of Yoga Nidra
- Master techniques for deep relaxation, guided meditation, and self-inquiry
- Develop effective voice modulation and guided visualization skills
- Create personalized Yoga Nidra scripts for different purposes
- Integrate Yoga Nidra into your yoga classes, therapy, & wellness coaching
- Join a supportive community of like-minded individuals and facilitators
- Receive 1:1 mentoring & bi-monthly meetings for personalized guidance



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## Transformative Mastery

- Deepen your personal meditation practice
- Enhance your teaching skills and offerings as a yoga instructor
- Expand your knowledge of mindfulness and relaxation techniques
- Develop the ability to guide others into profound states of relaxation & self-awareness
- Join a supportive community of Yoga Nidra practitioners and facilitators



## Transformative Guidance

Our course is led by experienced Yoga Nidra facilitators who have extensive knowledge and expertise in the field. They are dedicated to providing a transformative learning experience and are committed to supporting your growth as a facilitator.

## Yoga Neuroscience

- Endocrine system
- Homunculus body map
- Polyvagal theory
- Pain
- The stress response
- Sleep, anxiety, depression, grief
- The 8 Limbs of Yoga, with special attention on the 5th limb – pratyahara
- Assessment from the perspective of the gunas
- Neurological anatomy & brain development
- Yoga Nidra principles & practices
- Neuroscience & neurogenesis
- Yoga subtle anatomy



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## Course Details

- 2 weekends (October 2023 & March 2024)
- 4 Months of bi-monthly meetings in between the 2 October & March weekends
- 1:1 Mentoring
- You can start in either October 2023 or March 2024
- Weekend Dates:
  - March 15-17, 2024
  - October 25-27, 2024



## Bi-Monthly Dates:

Meeting Time: 2:00 – 3:00pm PST

- |                     |                  |                      |
|---------------------|------------------|----------------------|
| • November 7, 2023  | • March 12, 2024 | • July 9, 2024       |
| • November 30, 2023 | • March 28, 2024 | • July 25, 2024      |
| • December 5, 2023  | • April 9, 2024  | • August 13, 2024    |
| • December 28, 2023 | • April 25, 2024 | • August 22, 2024    |
| • January 9, 2024   | • May 7, 2024    | • September 10, 2024 |
| • January 18, 2024  | • May 23, 2024   | • September 26, 2024 |
| • February 13, 2024 | • June 11, 2024  | • October 8, 2024    |
| • February 22, 2024 | • June 27, 2024  |                      |



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## Pre-homework

Watch 2 lectures

[Yoga Sutra Chapter 1 & 2](#)

[Optimal State Assessment Course](#)

The pre-homework be to take the Optimal State Assessment Course (ten hours). The requirements are that you practice yoga nidra daily between October and February (ninety days) and keep a personal journal of your experience. This journal will be shared with your personal mentor at the end of the program. Part of your homework will be to assess three people and turn in these assessments to your mentor. Lastly, in order to receive your certification, you will send in a minimum of one audio recording of yourself teaching OptimalNidra to a client. Upon approval from your mentor, you will receive your certification.





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## Faculty

### Amy Wheeler:

Amy Wheeler has been a Lifestyle Engineer and Yoga Therapist for individuals and groups for over two decades. Amy started her journey as a Hospital Wellness Director in the Chicago area in 1993. She continued on to teach health and wellness at California State University as a Professor of Kinesiology for 25 years and recently retired. She has been the President of the Board for the International Association of Yoga Therapists from 2018-2020.

Currently, Amy is Founder and Director of the Optimal State Yoga Therapy School, where she trains Yoga Therapists globally. She is also a seasoned public speaker, having spoken at over 100 conferences globally.

2018-2020 Amy served as the President of the Board of Directors to the International Association of Yoga Therapists (IAYT). Prior to this, Amy had served on the Board of Directors as Secretary for IAYT for 4 years. Additionally, she helped to develop and define standards for Ayurvedic Yoga Therapists in the National Ayurvedic Medical Association (NAMA).

### Colleen Carroll:

A life-long practitioner and dedicated teacher, Colleen Carroll is devoted to assisting others in bringing a yoga perspective to all aspects of daily living. In 2009, Colleen founded the Thrive Yoga Therapy Clinic at the Kaiser Permanente Center for Healthy Living in Woodland Hills. On the strength of an intensive yoga therapy pilot study for movement disorders at Kaiser Permanente Woodland Hills, KP now offers yoga therapy for members with Parkinson's. Colleen is also a guest lecturer and lifestyle educator for UCLA/MPTV wellness series, the Center for Aging, Research & Education and the NeuroCommunity Foundation, introducing yoga philosophy and practice at their annual symposia for PD, MS and CVA. You can find out more at [www.colleencarrollyoga.com](http://www.colleencarrollyoga.com)



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### Laurie Angress:

Just as our bodies can be a great source of discomfort so can they be a great source of wisdom and ease. Guiding individuals into becoming embodied and discovering that everything is sensation when we truly listen in. Helping you to build this interception and inner knowing is my passion! As well being a C-IAYT, Laurie earned her iRest Yoga Nidra facilitator certification from the Integrative Restoration Institute in 2017. iRest Meditation is foundational to her practice of yoga therapy and daily life. Laurie serves as a City Leader for the non-profit organization Sidewalk Talk, and is a member of the Beach Cities Health District Student Mental Health Task Force. Laurie also raised two children, now young adults with the practice of Non-Violent Communication and is well versed in Jackal and Giraffe language.

### Tam Nguyen:

She has studied with Erich Schiffmann, Tracey Rich and Ganga White at the White Lotus Foundation, Arun Deva, Nischala Joy Devi, Jill Miller (Yoga Tune Up® certification), Rolf Sovik (Himalayan Institute), Jack Kornfield (Spirit Rock). She is currently studying with yoga therapist, Amy Wheeler, Ph.D. She strives to be of service, continues to learn and share the delight and healing magic of yoga. She mixes an interesting blend of alignment, therapeutic flow, and mindfulness. Tam's classes are eclectic and light hearted in nature, where you'll unwind the body, rest the mind and re-connect with your divine spirit. She is a certified Yoga Tune Up® instructor. She is a Certified Yoga Therapist (C-IAYT) with the International Association of Yoga Therapists and is registered with the Yoga Alliance at the E-RYT 500 hour level. She is also a Reiki master. Tam is currently teaching yoga at Saddleback College in Southern, California. In her free time she loves to garden, read and go on long hikes/walks.

## Tech Support

### Natalie Sekowski

Natalie Sekowski, C-IAYT, (she/her) is based in San Francisco, CA. She is happy to help Optimal State with tech administration / Zoom support for their online programs. Natalie currently has small private practice as a Yoga Therapist, as well as other roles supporting small businesses, including as an Intake Coordinator for a group of therapists.



## Daily Schedule Friday–Sunday All Times Pacific Standard Time

8:00–8:50	Welcome & Yoga Nidra Experience
9:00–9:50	Lecture & Discussion
10:00–10:30	Lecture & Discussion
10:30–11:00	Yoga Nidra Experience
11:00–12:30	Lunch Break
12:30–12:50	Yoga Nidra Experience
1:00–1:50	Lecture & Discussion
2:00–2:50	Breakout Rooms Student Teaching
2:50–3:00	Closing