



Total Yoga Nidra Foundation Course

with Uma Dinsmore Tuli & Sivani Mata Francis
Amsterdam

26-27 JANUARY 2019

The Course

Awaken your consciousness of sleep and dream through the tantric practice of expanded awareness for lucid living. Become alive to the source of well-being, happiness, and purpose in every dimension of life.

We understand yoga nidra to be the most transformative, potent and remarkably adaptive of all yoga practices. Yoga nidra is in fact not really a single practice, but rather an experience of altered states of consciousness, essentially meditative experiences that can be used therapeutically for healing, as well as to enhance creativity and productivity and to improve sleep and general health.

The Total Yoga Nidra Open Access Foundation Weekend is a self-contained and complete retreat style immersion (non-residential) open to anyone with an interest in experiencing Total Yoga Nidra. It is both a standalone weekend course that covers all the fundamentals of Total Yoga Nidra, as well as being a pre-requisite for moving on to the full Total Yoga Nidra Teacher and Facilitator Training. The intention of this part of the course is to offer an accessible and profound immersion in the experience of Total Yoga Nidra, providing a perfect opportunity for those who have encountered other partial or limited forms of the practice to meet the full spectrum of approaches to yoga nidra.



Topics covered include:

A combination of theory and practice to give you a sound foundation (or to deepen your existing foundation) of understanding about what yoga nidra is in the broadest sense, and how it works, together with plenty of live, responsive and practical experiences of a full range of yoga nidra.

We will cover:

- Welcome to Yoga Nidra
- History and Development
- Intentions, and How They Shape the Practice
- Comparative Structures
- Comparative Rotations of Consciousness
- The Science of Yoga Nidra



- The Philosophy of Yoga Nidra
- Liminality & Creativity •
Sleep, Memory & Dreams
- Trance: Hypnosis & Yoga Nidra
- Yoga Nidra as a Meditative Practice
- Sankalpa
- Sound, Yoga Nidra & Bhakti Yoga
- Growing your Own Practice

The course/retreat comprises 10 contact teaching hours, of which at least five hours are practical yoga nidra experiences, plus there is optional personal listening homework of 20 minutes daily.

The Teacher

Uma Dinsmore Tuli

Uma was first introduced to yoga at the age of four by her mother and began meditating at nine on a pilgrimage with her maternal grandmother. Yoga and meditation have been part of her daily life ever since. As a naturally curious and enquiring yogini, she has engaged passionately and critically with a variety of quite different schools of yoga, most especially Satyananda Yoga and Iyengar Yoga.



After completing the Yoga Biomedical Trust Diploma in Yoga Therapy in 1999, Uma has continued to find the fully integrated approach of yoga therapy to be the most practical route to the healing power of yoga. She further trained in Structural Yoga Therapy and Ayurvedic Yoga Therapy with Mukunda Stiles, and works as a yoga therapist with special expertise in women's health. Uma has a PhD in Communications and is a recognised teacher of the British Wheel of Yoga. She has been a training tutor in Yoga Therapy since 2001 and also teaches British Wheel of Yoga In-service training days. As a mother of three, she has been both personally and professionally engaged with the development of pregnancy yoga, yoga for birth and postnatal recovery, and family yoga, and has been training teachers in this field since 2002, when she first tutored for the Birthlight Trust. Since then she has delighted in creating her own courses to promote excellence of teaching in this field, including Well Woman Yoga and a uniquely responsive Integrated



Mother and Baby yoga teacher training. With the intention of widening access to pregnancy and postnatal yoga, she founded Sitaram Yoga with her husband in 1998, and it continues to offer pregnancy and postnatal yoga classes in London, including at King's College and St Thomas's hospitals.

The heart of Uma's daily personal and therapeutic practice is yoga nidra, which she believes to be the most powerfully transformative of all yoga techniques. She first encountered the technique at the Satyananda Yoga Centre in 1995, and has been exploring all aspects of it with fascination ever since. She has studied a variety of different approaches to the practice both in India and the UK, with nationally renowned exponents including Swami Muktidharma (Satyananda Acharya, New Zealand), Mukunda Stiles, and Richard Miller. She has refined a range of particularly feminine therapeutic applications of yoga nidra, including its use for the promotion of fertility, positive birthing, postnatal recovery and conscious menstrual health a source of spiritual empowerment. She has taught yoga nidra to hundreds of people, in every conceivable environment, from nursery schools, hospitals and airports, to giant geodesic domes filled with yogis sheltering from wild storms at yoga festivals and gatherings. She has been sharing the technique with teachers from all lineages on Yoga Therapy training courses and retreats since 1999.

Uma leads retreats and courses worldwide, sharing the approach to yoga therapy set out in her CDs, DVDs and books: *Mother's Breath*, *Teach Yourself Yoga for Pregnancy and Birth*, and *Feel Confident: Yoga for Living*. Her new book *Yoni Shakti* is about the evolution of feminine spiritual authority through yoga and tantra. Uma is currently refining Womb Yoga through a series of international workshops and retreats.

www.umadinsmoretuli.com

Sevani Mata Francis

Sivani Mata has been using Yoga Nidra, the sublime practice of "yogic sleep" as a daily practice for many years now, and in April 2013 she completed the Total Yoga Nidra teacher training with Nirlipta Tuli and Uma Dinsmore-Tuli, and is now able to share this invaluable practice which has aided her healing process over the years.



Sivani Mata is also a student of Bhakti Yoga (the yoga of love and devotion) and began her journey with this practice through attending various Kirtan (chanting) evenings in

London and on her travels. Particularly with family band GOMA, who inspired her to live in trust and bhakti spirit in all aspects of life. She began to lead Kirtan after spending New Year 2009 with Jai Uttal on his Kirtan camp, followed by a Yoga Teacher Training in Mexico at the Yandara Yoga Institute, where an incredible resident kirtan band, Jaya made chanting a key element. Since then Sivani has been running chanting circles and gatherings in the UK and has released three kirtan albums produced by bhakti musical magician Tabla Tom: I AM (2012), Shakti Live (2015) and Surrender (2016). As well as her most recent release Jasmine Garden (2017) produced by the amazing Turkantam which blends Kirtan with mystic poetry. Having fallen in love with the path of Bhakti Yoga, Sivani organized the UK's first ever Bhakti Music Festival (in August 2011), which brought devotional musical practices from various traditions together as one, in the spirit of universal love and devotion. Following on from this she now organizes BE LOVE ~ 11hour Bhakti Immersions in London. Inspired by her Bhakti Practice, Sivani also shares Yoga Nidra, Women's Yoga, Restorative Yoga and Shakti Dance with bhakti spirit, centering these practices in the heart to unveil one's true nature.

Inspired by her Bhakti Practice, Sivani shares Yoga Nidra with bhakti spirit, centering the practice in the heart to unveil one's true nature, and often including mantra as part of the practice.

Sivani Mata feels incredibly blessed to have found this divine practice and be able to share it with others

Location

We will gather in the stunning Vondel church, located right at the entrance of the famous Vondelpark. Located in a beautiful part of town the Vondelchurch, designed by Cuypers, is easy to get to with public transportation.

The church offers unique gothic architecture, colorful wall and ceiling paintings and a cozy atmosphere.

Combined with a group of yogis and an amazing teaching magic happens here!





Teaching Schedule

Saturday 10:00 | Welcome (Total Yoga Nidra), Introductions

10:30 | Background, survey of history and structures

10:50 | Reveling structures YNP (Sastyananda style)

11:15 | Tea break

11:45 | More comparative structures e.g. rotations

12:00 | YNP (i-rest inspired yoga nidra)

12:30 | Intentions of different schools and lineages

12:50 | Lunch Break

13:50 | Yogic philosophy and the science of yoga nidra

14:05 | Yoga nidra and creativity: YNP (elemental, nourishing creativity)

14:40 | Yoga nidra and sleep, memory and dreams

14:50 | YNP for a restful sleep

15:30 | Tea break 16:00 | Yoga nidra, sankalpa and intentions

16:15 YBP (to explore sankalpa and goal setting)

17:00 | Externalising and close of the day

Sunday

10:00 | Consciousness rotated with gentle movement

10:30 | YNP (inspired by Himalayan Institute – Meditative yoga nidra)

11:30 | Check in and welcomes

11:45 | Tea break

12:15 | Trance, hypnosis and yoga nidra

12:30 | Exploring relationships between yoga nidra, meditation, dream, sleep and lucidity



13:30 | YNP responding to needs & questions
14:00 | Lunch break
15:00 | Tips for your own practice, avoiding pitfalls. Further explorations and training
15:30 | Yoga nidra and bhakti yoga
15:45 | YNP with sounds and followed by meditative heart space awareness
16:30 | Feedback and time for further Q & A
16:45 | YNP (Total Yoga Nidra) Goodbye safe travels
17:00 | Close

Value

YOGA NIDRA PACKAGE INCLUDES

10 teaching hours of which 5 hours are practical yoga nidra experiences.

INVESTMENT

€215,- for the first 15 Early Bird bookings

€245,- Regular Rate

NB: The Total Yoga Nidra Foundation Course is a prerequisite for the Total Yoga Nidra Practitioners Course that will take place in Amsterdam later this year.

Booking & Cancellation Policy

To secure your booking a full payment of the registration fee is required.

Cancellations:

You can cancel your booking at any time and notification must be given to Global Flow Retreats in writing by sending an email to: info@globalflow.org

Regardless of the reason for the cancellation, the cancellation fee will be calculated as follows:

- * Notification received more than 60 days before the start of the event: 30% of the full fee + €25 administration fee
- * Notification received 31-60 days before the start of the event: 50% of the full fee + €25 administration fee
- * Notification received less than 30 days before the start of the event: 100% of the full fee.



Global Flow Retreats reserves the right to cancel the intensive if fewer than 20 participants have signed up on 21 November '17. In such circumstances, the participants will be informed promptly and registration monies reimbursed. Any travel and/or accommodation costs will not be reimbursed.

How to get there

The intensive takes place at:

Vondelkerk (church)

Vondelstraat 120

1054 GS Amsterdam

Public transportation:

From Central train station:

Take tram 1, get off at stop Overtoom / Constantijn Huyjenstraat. When you get off you cross the street and walk into the Tweede Constantijn Huyjenstraat in the direction of the Vondelpark. You will see the church at the end of the street.

From Sloterdijk:

Take tram 12, off at stop Overtoom / Constantijn Huyjenstraat. When you get off the tram, you cross the big crossing with traffic lights in the direction that the tram is going. Take the first right after the crossing, you walk into the Vondelstraat and will see the church at the end of the street.

What to bring

We suggest you bring items with the ecological friendly nature of the event in mind.

Here are some items to remember:

- refillable water bottle or tea cup
- yoga mat
- blanket or sheep skin
- a scarf or large shawl
- notebook and pen
- any additional props you like to use that you can travel with. We will be providing some props during the event but recommend bringing blocs or a pillow if possible.

