

Yoga Nidra

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| Tutor: | Tharanga Wicramasinghe |
| Type of Day | Ongoing Training Day |
| Topic/Title | Yoga Nidra |
| Date | Sunday 25th September 2022 |
| Start Time & End Time | 10am-4pm |
| Location | The Salisbury Centre, Edinburgh |
| CPD Points | 8 |

About this session:

The art and science of Yoga Nidra

Yoga Nidra is a powerful pathway in yoga that leads us to rediscovery of our true nature and there are many benefits that can be realised from its practice. This fast-paced world with overloaded sensory stimuli has become breeding grounds of chronic stress, anxiety, fears and trauma. Yoga Nidra offers an authentic path to connect deeply to our inner selves, to peace, innate health and wisdom. This increased self-awareness helps us to remain calm and detached amidst ebbs and flows of life.

Topics Covered:

- What is and isn't Yoga Nidra
- History and science of Yoga Nidra
- Importance and purpose
- Pre-practices to enhance the Yoga Nidra journey
- Sankalpa in Yoga Nidra
- Components of Yoga Nidra (pre, main and post practices)

Practice sessions The workshop will consist of practical sessions, presentation, discussion and questions, and a recorded Yoga Nidra session for personal practice at home.

Recommended Texts Yoga Nidra Yogic Trance by N. C Panda

About Tharanga Wicramasinghe :

Tharanga was brought up in a buddhist background in Sri Lanka where Loving-kindness (Maithri Bhavana) and Breath-focused (Anapana Sathi). Meditation were part of her daily life. After migrating to Scotland in her early twenties, she learned Vipassana meditation and Hatha Yoga, which complemented well to support her physical, mental, emotional and spiritual wellbeing. Several years of dedicated practice led her to a deeper inquiry of the philosophy, science and therapeutic essence of yoga. Thara completed her 500h yoga teacher training with Yoga Scotland in 2020 and continued her further training in Yoga Nidra, Ayurveda and Trauma informed yoga.

Thara is passionate about making yoga accessible, supportive and complementary to the recovery, healing and wellbeing of others. She works with Edinburgh Community Yoga and is involved in various outreach projects sharing yoga in the community. She

honours and nurtures the authentic roots of yoga and shares a holistic experience through her insight on Hatha Yoga, Meditation and Ayurveda.

