

# Facilitating Transformation with the Yoga of Sleep

An online Yoga Nidra Teacher Training with Scott Moore

## A–B Test

1. Please outline in detail the Yoga Nidra Roadmap
2. The main job of the teacher is to \_\_\_\_\_ presence.
3. The 2 main roles of the teacher are to \_\_\_\_\_ and \_\_\_\_\_.
4. Is it wrong to fall asleep during Yoga Nidra and what can you do as a teacher if it happens?
  
5. What are “The 3 Heavies?”
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. With an optional \_\_\_\_\_
6. Name the 12 of the essential Yoga Nidra Tools
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_

f. \_\_\_\_\_

g. \_\_\_\_\_

h. \_\_\_\_\_

i. \_\_\_\_\_

j. \_\_\_\_\_

k. \_\_\_\_\_

l. \_\_\_\_\_

7. What are the Two “Yoga Ninja” tactics?

a. \_\_\_\_\_

b. \_\_\_\_\_

8. Explain the value of getting into and teaching from state.

9. Explain teaching in fractals.

10. What are the three stages to build a class in the Yoga Nidra Class Builders Worksheet?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

11. Explain how to Self Practice

12. Explain how a Yoga Nidra Dyad is different than a led experience.

13. In a Yoga Nidra dyad, what is the function of Reflective Awareness?

14. Explain in detail the Yoga Nidra Dyad Roadmap

15. What are two considerations when making Yoga Nidra available to all students?

a. \_\_\_\_\_

b. \_\_\_\_\_

16. What is the role of Yoga Nidra in the healing process?

17. What does it mean to integrate your Yoga Nidra practice?

18. Name three ways to integrate your Yoga Nidra practice.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

19. Name 3 ways of developing interest for Yoga Nidra in a studio, community, or online.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

20. Explain how to format a class, workshop, or course.

21. What is perhaps the easiest recording device you might use to record a Yoga Nidra practice?

22. Explain the concept of Minimum Viable Product?

23. Explain the process and value of onboarding private clients

24. Name a few ways you can offer added value to private sessions, courses, classes, or workshops.

25. What is the value of leading a retreat, both for the student and the teacher?

26. What is a “fixer” at a yoga retreat?

27. What are 3 ways you can support your students?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

28. What are the 5 steps to creating your “Mechanism of Influence?”

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

e. \_\_\_\_\_

Thank you! Please print this off twice and fill it out both at the beginning of the course as well as at the end. Email your FINAL copy to [scott@scottmooreyoga.com](mailto:scott@scottmooreyoga.com) to complete your graduation requirements.