

TARYN DIAMOND YOGA

taryndiamond.com

YOGA NIDRĀ TRAINING

COURSE REQUIREMENTS

1) PRACTICE

- practice two yoga nidrā classes (these can be live or pre-recorded) with other instructors + send me a brief note on your experience
- practice yoga nidrā at home (using my recording) at least twice + send me a brief note on your experience

2) YOGA NIDRĀ TEACHING

- draft one stage of the practice using language that speaks directly to that kosha
- record one stage and send it to me (it could be one I've provided or one that you've drafted)

3) TAKE HOME EXAM (available to download from the final module, 'Next Steps')

Certification will happen when all three requirements are fulfilled. The certificate file will be sent via email as a PDF document.