



## Course details

### Course title

Fitness and Exercise: Yoga Nidra

### Course code

Q00018661

### Course date

Start: 05/09/24

End: 24/10/24

### Number of classes

7 sessions

### Timetable

Thu 5th Sep, 17:00 to 18:30

Thu 12th Sep, 17:00 to 18:30

Thu 19th Sep, 17:00 to 18:30

Thu 26th Sep, 17:00 to 18:30

Thu 10th Oct, 17:00 to 18:30

Thu 17th Oct, 17:00 to 18:30

Thu 24th Oct, 17:00 to 18:30

### Tutor

Georgia Daniel

### Fee range

Free to £38.85

### How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

## Venue

Online

## Qualification name & awarding organisation

Fitness and Exercise: Yoga Nidra ()

## Level of study

Level 1

## Course overview

Yoga Nidra translates to Yogic Sleep. It's a deeply restful Yoga practice, and a very effective way to rest and restore at the end of the day. If you want to manage stress and anxiety and reduce fatigue, we've got you covered! Yoga Nidra with Georgia offers you the tools, time and space you need to manage stress and open yourself up to a place of stillness, calm and deep relaxation. Yoga Nidra helps you to easily drift into a clam and meditative state from a place of comfort and ease.

## Course description

Your tutor will encourage you to bring a blanket, a couple of cushions, dim the lights, maybe even light a candle with some incense sticks and simply lie down with the volume turned up and let go. To begin yoga Nidra, you will be asked to lie on a bed, couch or floor with the eyes closed and the arms and legs extended in a yoga posture called Shavasana, or corpse pose. Hands should be relaxed and loose You will then be guided to produce and release tension in the hands and legs by tensing and stretching opposite parts of the both the mind and the body. This is be followed by thinking of a Sankalpa, a heartfelt intention or mantra, resulting in a state of mind that will help guide future actions. An example of this may be "I am strong," "I am grounded," "I am capable," or "I am present.". emotional freedom techniques may be embedded into this session This beautiful practice helps with the following

- Improving sleeping problems
- Increasing creativity and learning abilities
- Improving cardiovascular health
- Increased alertness

Some weeks you may be asked to perform a scan of your body, focusing attention on different parts and releasing tension throughout. Slow breathing is encouraged throughout your Nida session. The practice often ends with visualizing calming images, such as a deep forest, the waves of the sea, or a green garden. Individuals are again encouraged to think about their Sankalpa. Following this, they are asked to slowly transi

## What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during

your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## **What other support is available?**

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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