



5-day Prana Nidra Training with Andrei Ram in Zaandam Amsterdam

**Thursday May 26th to
Monday May 30th 2022**



We are very happy to be offering for the first time in Europe this certification course in Prana Nidra. Prana Nidra is the most effective yoga technique to rest and recharge in just few minutes. This practice still unfamiliar to the western yoga world, uses breathing visualisations to generate a three stage recharging process:

- It calms the energy flow along the energy meridians (nadhis)
- it induces the Body/Mind system into deep relaxation.
- it stimulates and enhances optimal vitality to the practitioner.

This certification 5-day Prana Nidra training includes:

Introduction to Nidra and the Prana Nidra traditional practice.

10 different Prana Nidra practices. In-depth explanation of pranayama's (breathing) relaxation principles. Subtle anatomy exposition. Relaxation Asana (postures) breakdown. Principles on how to guide Prana Nidra practice. Variations for clinical cases, such as practitioners with restricted mobility or specific mental conditions. Yoga principles and methodologies.

Every daily session of this practical training begins with a BreathBased Vinyasa practice, in order to compensate the extensive static relaxation practices. And it ends with meditation practice.

No previous yoga experience is required, in order to join this program. Vinyasa practices are optional, either for those who lack Asana experience or for those who simply wish to skip this additional content.





The course will take place in the lovely town of Zaandam
only 10 min away from Amsterdam main station by train

Yogadreams Zaandam

Vinkenstraat 36A, 1506 CM Zaandam, Netherlands

Price Euro 700.-

Contact and registration

info@atayoga.com

www.atayoga.com