

# On the Road Programs

## I AM Yoga Nidra™: Professional Training

5 Day Immersion or 10 Day Full Certification

**Presenters:** Kamini Desai PhD, John Vosler, Jaya Jennifer Buckland, Nirali Lauren McCree, Priti Chandra Klco, Hasu Marney Coulter

Yoga Nidra is an ancient sleep-based meditation technique that has the power to take you to the innermost, deepest levels of relaxation where your whole body and being is permeated by peace of mind and profound stillness. It unlocks the mystical, integrative powers of the subconscious, as well as your higher centers of consciousness, to effortlessly erase your most tenacious, self-destructive habits and behavior patterns. It is said by yogis that 45 minutes of Yoga Nidra is as restorative as three hours of sleep. The amazing benefits of Yoga Nidra:

- **Reduce Stress and its effects on:**
  - **Insomnia**
  - **Addictions**
  - **Trauma & PTSD**
  - **Depression & Anxiety**
- **Increase your immunity**
- **Relax deeply and quiet the mind**
- **Release self-destructive habits**

## I AM Yoga®: 200-Hour Teacher Training: The Posture of Consciousness

10 Day Immersion or 20 Day Full Certification

**Presenters:** Nirali Lauren McCrea, Jaya Jennifer Buckland, Jagdish Tom Buckland, Priti Chandra Klco, Indu Heather Eilering

If you are seeking a style of yoga that has the benefits of a modern-day practice while being based in the deeper and richer experience of the ancient traditions of yoga then look no further than I AM Yoga®. Whether a new or experienced Yoga practitioner, I AM Yoga® allows anyone to gain the true benefits of yoga, regardless of strength, ability or age. Explore these benefits of I AM Yoga®.

- Use postures not just for exercise and flexibility, but as a tool for self-study, transformation and Self-discover
- Deepen your personal understanding and experience of yoga
- Learn how to take yoga off the mat and into your everyday life

- Discover and release behaviors that are affecting your health and well-being
- Understand the I AM view of energy as it relates to your yoga practice and life

## I AM Yoga® Advanced Training (200hr): Meditation in Motion

10 Day Immersion or 20 Day Full Certification

**For trained yoga teachers or advanced yoga practitioners.**

**Presenters:** Chandrakant, Indu Heather Eilering, Hasu Marney Coulter, Ramdas Ormond

This advanced training builds on the I AM Yoga Level 1 Posture of Consciousness format and enables you to “consciously cross-over” from the willful practice of postures to a dynamic blend of willful postures and spontaneous movements prompted by the inner urgings of prana (your life-force energy). You will learn:

- Specific techniques to help you connect with the natural intelligence of prana
- The tools to help you understand and experience the deeper energetic meaning of the yogic scriptures
- Additional postures as “kriya starters” to initiate Pranakriya

## I AM Yoga Therapy™:

Professional Training (12 days) or Intro Weekend (3 days)

**Presenters:** Kamini Desai PhD, Chitra Marie Bailey Psy.D, Priti Chandra Klco

Life is energy. It is meant to flow through us, each time leaving us broader, richer and evolving us for having known it. I AM Yoga Therapy™ is an individually adaptive full body stretch and energy opener which utilizes props, walls and assisted poses to help you move into areas of stiffness, constriction, tightness and pain that you would normally avoid. By approaching physical pain and discomfort in a deliberate, safe and conscious way, using breath and meditative facilitation you will move into areas of restriction gently and effectively release them. Yoga Therapy gives you the same benefits of a Yoga class, but in a more pointed, directed and personal manner which promotes physical and transformation results more quickly.

# I AM Yoga® Workshops

## Posture of Consciousness Workshop

**3-Day Intensive for trained yoga teachers or advanced yoga practitioners.**

**Presenters:** Chandrakant, Indu Heather Eilering, Hasu Marney Coulter, Ramdas Ormond

For professional yoga teachers and advanced yoga practitioners, learn new skills passed down from a living guru to layer I AM Yoga® techniques onto any yoga class.

**This workshop yields correct understanding and direct experience of the “energetic physics” of the I AM Posture of Consciousness.**

- Understand the “energetic purpose” of first and second halves of the posture to begin focusing attention of the sensations of energy/prana.
- Learn how to engaging Press Points and Energetic Extensions in any posture.
- Understand the energetics of the “edge” including techniques to break the momentum of reactive physical, mental and emotional patterns.
  
- Recognize experientially the “energetic physics” of energy following attention.
- Understand experientially “Integrative Intention” through absorption at the Third Eye.
- Understand and cultivating “Witness Consciousness” to observe the subtle movement of “prana” in the form of sensations.

## Sadhana of Prana: Cultivate what you do on the Yoga mat into a life of Meditation in Motion

**3-4 Day Yoga Intensive**

**Presenters:** Chandrakant, Indu Heather Eilering, Hasu Marney Coulter, Ramdas Ormond

This three-day intensive is an opportunity for experienced yoga practitioners or teachers of all traditions to reconnect and recharge. Join fellow yoga practitioners in four to five progressively deepening Yoga Sadhanas (practices) in order to cultivate your recognition of the innate intelligence of the body’s vital life force, prana. By attuning the mind to naturally merge with prana, you cultivate the ability to live your life as a Meditation in Motion.

## Happiness is Now

**Workshop**

**Presenters:** Kalindi Edwina Hoffmann, Abhay Scott Arena, Kajal Chella James, Kalidas James Dewar, Roshan Kristine Valentine-Miller

Most of us want to be happier, more contented and more peaceful, yet we are rarely in the one place where we can experience it...NOW. We are looking to the day when our “to do” list is complete to start living, but that day never comes. We need to learn how to find fulfillment, contentment and peace in the life we have right now. Use *IAM yoga poses as a place to*

*kinesthetically and experientially learn how to bring peace to chaos in the midst of life.* The mat becomes a microcosm of life where you can practice being still with what is and finding fulfillment in the life you have NOW. The tools you gain here extend far beyond the yoga mat and have the potential to change your entire life.

## Align with Your Life

### Workshop

**Presenters:** Kalindi Edwina Hoffmann, Abhay Scott Arena, Kajal Chella James, Kalidas James Dewar, Roshan Kristine Valentine-Miller

Yoga is a system of integration where your thinking, doing and being are operating in harmony. When all aspects of you are in alignment, life becomes an effortless flow. In this workshop you will learn how to manage your thoughts, emotions and fears, returning to a state of wholeness, health and integration. Amrit Yoga not only creates physical health and wellbeing; it addresses the psychological roots of stress and resistance. Teach the body and nervous system to stay relaxed under more circumstances.

- Discover the #1 way we lose energy
- Reconnect to the wisdom of the body
- Understand how to respond to life instead of unconsciously and automatically reacting to life
- Learn how to break reactive thoughts and self-defeating habits
- Use body and breath awareness techniques to return to a state of integration and relaxation instantly

## The Purpose of the Pose

### Workshop

**Presenters:** Kalindi Edwina Hoffmann, Abhay Scott Arena, Kajal Chella James, Kalidas James Dewar, Roshan Kristine Valentine-Miller

Consider this: There are no problems. Except in your own mind. The only thing that makes you unhappy is the inability to be with NOW.

Yoga teaches that the moment we can come back to how things are, versus how we think things should be, we will automatically experience less stress, more relaxation, and more fulfillment with life.

In this workshop:

- Learn powerful techniques to relax with what is
- Develop skills to move from the thinking mind to the feeling body
- Build the capacity to stay relaxed even in stressful situations

- Discover Amrit Yoga as a tool to create physical health and wellbeing by using the pose as a roadmap to mental and physical blocks
- Experience the inner dimension of yoga: from conflict to harmony

## Practicing the Psychic Pose

### Workshop

**Presenters:** Kalindi Edwina Hoffmann, Abhay Scott Arena, Kajal Chella James, Kalidas James Dewar, Roshan Kristine Valentine-Miller

With practice, yoga prepares us to experience the subtler dimensions of energy. With this often comes a subtle intensity of the psychic sensations within the pose.

The same way we deal with sensation in warrior, is the same way we deal with these subtler and sometimes uncomfortable sensations.

In this workshop we will learn how to relax with sensations in our practice as they are arising rather than resisting them. Sensation is energy. As energy is given space to move by utilizing breath and awareness, tensions, restrictions and triggers transform into spaciousness, relaxation and ease.

Learn:

- How to prevent and release energy blocks
- How to come back from conflict with now to harmony with now
- The inner dimension of yoga on a therapeutic as well as physical level
- The transformative practice of Amrit Yoga as a technique to restore a balanced relationship with life

## I AM Yoga Nidra™ Workshops

**Presenters:** Liam Gillen, Yulia Azriel, Indu Heather Eilering, Malika Rajan

### Setting Up for Yoga Nidra

#### Workshop

This workshop is an introduction to the deeply restorative practice of Yoga Nidra.

We will introduce how and when to practice, as well as how to best support your body to allow for a deeper integration of the experience.

Enjoy a guided practice of Yoga Nidra.

## The Secret of Relaxation Lies Within

### Workshop

Most of us are addicted to doing. But too much doing takes its toll on our nervous system...on our body...and even on our mind and emotions. We can become depressed or anxious, unable to sleep...or maybe we experience chronic back pain, digestive issues or headaches. The CDC estimates that 80 percent of doctor's visits are stress related. We can work with each symptom singly, or we can work at the single cause at the root of all these symptoms—excess tension. This is what IAM TM Yoga Nidra is designed to do.

- Revitalize and restore the body
- Learn what Yoga Nidra is and how to establish a home practice
- Understand the stress producing mental tendencies that keep the body in a chronic state of stress and how to use Yoga Nidra to interrupt them.

## The Power of Intention

### Workshop

The vehicle of the body/mind carries programming. Experiences and conditioning according to what has been learned. Some of these beliefs and conclusions that we become identified with as who we are, are helpful and some are not.

An intention can help you unhook from beliefs and conditioning that consistently block you from accessing that which you truly are.

In this workshop:

- Learn how to Create a powerful intention for a situation or your life
- Learn how Yoga Nidra drops us into deeper states of consciousness where we rest free from past programming
- Develop an understanding of the four states of consciousness in relation to Yoga Nidra
- Experience a guided Yoga Nidra where we will plant the seeds of our intentions

## From Duality to Polarity to Unity

### Workshop

The ego mind lives in duality. Duality is wanting one thing and not another. This creates pain and suffering. Polarity is recognizing that you cannot have one without the other. Accepting both sides of life is what creates balance, unity.

The Amrit Method of Yoga and Yoga Nidra teach us how to be in polarity relationship with life. These tools are designed to help us be with the parts of life we would normally resist.

In this workshop:

- Learn how the conflict of duality arises in relationships
- Learn how to find balance and acceptance, in effortless unity

- Experience yoga and yoga nidra as complimentary practices of unity consciousness

## Take a Breath™ Program: Yoga Nidra for Kids and Schools

**Presenters:** Uchita and Harshad Thomlinson

**Pre-requisite:** I AM Yoga Nidra™ Professional Training

The Yoga Nidra for Kids and Schools training will teach you how to be creative in delivering yoga nidra to kids, how to deliver to various age groups and to be a facilitator with the burgeoning TAKE A BREATH™ in school program. To date, over 4000 students ages 4-18, have experienced this simple, but transformational work designed to very strategically and safely bring the power of Yoga Nidra into the school systems.

Take a Breath™ is a Yoga Nidra based program that teaches proven breathing and relaxation techniques to promote well-being, stress-relief, and self-awareness. The program includes online and in-school offerings for the whole school community, including students, parents, teachers, administrators, and support staff.

Using the acronym **B.R.A.V.E** (Breathe-Relax-Allow-Visualize-Empower), students are taught how to:

- Create a relaxation response in the body
- Notice the effects of stress in the body and mind
- Self-regulate and work through challenging emotions and events
- Use imagery and imagination for growth and development
- Build confidence and resilience in facing new situations