

# Yoga Nidra; Become a Certified Guide/Facilitator

(18 CEUs) for Yoga Alliance or Lotus Pond YTT 300

led by Roger Mallory, Juris Doctor, B.A., ERYT200, RYT500,  
YACEP Certified "Brain Longevity Therapy Specialist"



## Friday May 2 - Sunday, May 4, 2025

Fri. 6:00pm-8:00pm

Sat./Sun. 9:00am-6:00pm (1hr lunch break both days)

Cost: \$360\*

### Option to attend Saturday 1-6pm only at \$100

*\*Cost of registration does not include the manual for this training. Participants will pay Roger directly for the manual prior to the start of the weekend training.*

*\*Yoga Teachers can apply for a scholarship by submitting a written assignment by April 10. For details about this assignment, email Roger at [rogermallory@hotmail.com](mailto:rogermallory@hotmail.com)*

## This Yoga Nidra Certification is recommend to:



- Yoga Teachers
- Meditation & Mindfulness Teachers
- Mental Health/Social Worker/Behavior Therapists
- Yoga Practitioners who wish to explore Yoga Nidra as an ideal "gateway" practice for familiarizing themselves with the true experience of a deep meditative state they are unlikely to achieve without years of intense dedication and practice.

From deep relaxation, to tapping into Delta brainwaves for profound body restoration, to transcending the confusion of mind, broadening awareness, expanding understanding of ourselves and others, strengthening our equanimity, ease and enjoyment of our life, to achieving enlightenment, no greater path and process has been developed than meditation. While many intuitively accept the truth and promise this offers, few embark on the path of a regular and long-lived meditation practice. We could wallpaper the world with the unfortunate mantra on so many lips; "I should meditate." This training invites you to acquire the knowledge to create a powerful and effective yoga nidra meditation practice in which you might regularly engage, but my primary intention is in well-preparing you to assume the honorable and privileged role of guiding novices through well-seasoned meditators using this ancient, well-established and science-supported method intended to provide the deepest conscious relaxation, and serve their awakening.

Roger has written a comprehensive book that will serve as the textbook for this training, and future reference material. The training will include a thorough description and history of Yoga Nidra, all key concepts, important techniques, the sequencing/progression of stages, philosophy, science, useful frameworks for content creation, samples of Roger's scripts, Guide performance tips, a bonus section on the related guided meditation modality of "Guided Imagery" intended to boost inner physical resource allies with the intention to aid guided participants better physically and emotionally recover from serious disease, and so much more.

Beyond the above-described general population of persons you may guide, he will be including training intended to prepare you to shape your guided meditations and imagery in service of groups or individual persons who are, e.g., facing mortal disease and aggressive medical interventions/treatments/traumas, imminent events that cause great stress, etc. Yoga nidra/guided imagery intended to reduce symptoms, fear, anxiety, dread, hopelessness, depression, etc. To inspire feelings of empowerment, the ability to see the light despite darkness, peace, and greater equanimity.

While many "schools" of yoga nidra have arisen from inspiration rooted in the Vedas of 1,000 B.C., there remain shared, core principles and same or similar methodology to wisely sequence the experience of yoga nidra meditators for their optimum benefit. Roger has received live training from a dozen or more yoga nidra school "founders", and lineage holders. He has engaged in almost a decade of scholarly research on these topics and have guided, each week, for the same duration, live classroom yoga nidra experiences using, exclusively, his original creations.