

AMRUTHA
BINDU
YOGA

Mind, body & beyond

Course Book

ABOUT THE COURSE



At Amrutha Bindu Yoga, we see yoga as a fulfilling journey of self-discovery - on the mat and in daily life, and our courses are designed to cultivate that awareness. Our Yoga Nidra Teachers Training Level 1 is a signature course that offers a comprehensive introduction to the 8-stage practice as taught by the Bihar School of Yoga. Whether you're looking to deepen your own inner practice or teach Yoga Nidra to a wide range of students, this course provides the tools to explore and transform deeply held patterns. Open to all levels of yoga experience, it supports the development of clarity, resilience, and compassion. A powerful entry point into a meaningful sadhana, this course invites you to understand yourself in ways you may not have before.



Strong foundation in
theory & practice



Neuroscience meets
timeless wisdom



Structured
learning



Globally recognised
certification

WHAT IS YOGA NIDRA?

*Yoga Nidra is the yoga of
aware sleep. In this lies
the secret of self-healing.*

- Swami Satyananda Saraswati

Yoga Nidra is a practice that is done in the state of awareness that lies between sleep and wakefulness — where the body is completely relaxed, yet the mind remains awake and open to suggestion. We naturally pass through this hypnagogic state as we fall asleep and wake up. It is in stillness that we begin to hear ourselves clearly and reconnect with what truly matters. This state also offers an interesting proposition - it helps us drop long term patterns that we carry and reprogram our subconscious mind.

As a practice of *pratyāhara*, or sensory withdrawal, Yoga Nidra also offers a much-needed pause from the constant noise of overstimulation in our lives — social media, deadlines, traffic, and more. As the mind becomes quieter, it becomes more free to realise our memories, beliefs, emotions, fears and patterns. In true relaxation, our subjective worlds become fluid and open to change.

Accessible to all levels, Yoga Nidra is a guided technique practised in Shavasana. Just 30 minutes of this practice can offer the restorative benefits of two hours of sleep. Scientific research now supports what yogic wisdom has long known: Yoga Nidra is not only a tool for rest but also for healing, clarity, and deep transformation.

WHO IS THIS COURSE FOR?

This course is designed for those who want to do understand the yogic construct of the mind and for those who want to bring this magnifying lens into understanding their own subtler dimensions.

- | | | |
|----------------------|---------------------------|----------------------------|
| ✓ Yoga practitioners | ✓ Yoga teachers | ✓ Counsellors & therapists |
| ✓ Mommys-to-be | ✓ Corporate Professionals | ✓ Artists & Healers |

PROGRAM FORMATS

We understand that each person journey is distinct, like their schedules. To accommodate this diversity, we offer this course in the following formats.

You may choose online, in-person or hybrid sessions.

in-person

Immerse yourself in the collaborative learning space of our beautiful yoga shala.

Accessible by:

1. Metro - ~1.5 km away from Metro
2. Bus - Close to Banashankari Bus Stand



Amrutha Bindu Yoga

5th floor, 9th Cross,
J P Nagar 1st Phase,
Bangalore - 560076
above Aarogya Aahara

online

Learn from the comfort of your home with live sessions. This option is perfect for those who need flexibility or cannot physically come to the shala.

Join from anywhere in the world!



Join on
Zoom

HOW IT WORKS

Our course is broken up into the following components

To certify for a YACEP, you must've finished RYT 200 with a Yoga Alliance certified school

1

Live classes

30 hours of live classes with Sandeep. 100% attendance is compulsory for certification.

2

Assignments & Group Work

10 hours of pre-recorded audio/video lessons, reading, assignments, group work & journaling.

3

Practicum

10 hours of practising, recording and teaching yoga nidra.

CURRICULUM

By the end of this module, you will:

- ✓ understand the mind and its faculties
 - ✓ build a deeper relationship with subtler dimensions of practice
 - ✓ understand the philosophy of transcendence
 - ✓ learn how to practice yoga nidra 8 stages and teach it too!
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HIGHLIGHTS

PRACTICE

- Asana practice in preparation for yoga nidra
- Pranayama, mudra & bandhas
- Yoga Nidra:
 - Preparations for the practice
 - 8 stages of Yoga Nidra - foundations
- Personal sadhana using yoga nidra

TEACHING

- Crafting a yoga nidra
- Teaching Methodology
- The Role of a Teacher
- Ethics

THEORY

- Introduction to Yoga Nidra
 - History of Yoga Nidra
 - The scriptures on Yoga Nidra
 - The mind & its role in well-being
 - How does yoga nidra work with the mind?
 - The subtle body
 - Energy flow
 - Stress & its patterns
 - Illness and its manifestation
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COURSE DATES

AUG 11 - AUG 27

Mon to Fri: 6 pm - 8 pm IST

FEEES

Full fee

✓ **Payment Plans:**

1. Non-refundable deposit: Rs. 15000
2. Balance can be paid in 1 more instalment of Rs. 15000

YOUR INVESTMENT

RS. 30,000

in one shot!

or

instalments of

**RS. 15000 +
15000**

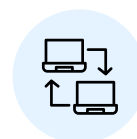
We accept payment in



Cash



UPI



Online
Transfer



Credit Card



Cheque

POST COURSE OPPORTUNITIES

When it comes to post-course opportunities, we are happy to support you in any way that we can! Here are some benefits you would have as an alumni:



Continued guidance & mentorship

If you need a sounding board, thought partner or friend, philosopher and guide, we are there for you! Our experienced teachers can help you navigate through any roadblocks you may face in practice or teaching.



Continued Education

Get early invites to all our events like workshops or retreats, for continued yoga education. We also invite you to refresh or revisit some of the concepts or practices learnt in the TTC by joining future TTC classes with other batches at a very nominal price.



Working with ABY

As an alumni, you would be the first to be updated with the upcoming job-opportunities with Amrutha Bindu Yoga.



Collaborations with ABY

Conduct your own workshops with the help of Amrutha Bindu Yoga. We would love to help you set things up!

ABOUT US

Amrutha Bindu Yoga is home to a versatile and experienced team of yoga teachers. Our teachers merge the best of both worlds - classical yoga and modern science to teach and apply principles of traditional hatha yoga, anatomy, physiology, psychology, and philosophy in every class to build a flavourful and holistic journey of self-discovery.



FACILITATOR



Sandipani S Manur

MSc (Yoga), E-RYT 500, RPYT, RPYT,
YACEP facilitator

Sandipani has journeyed through 3 decades of yoga & martial arts to become an master yoga teacher, mental health expert and life coach. Having taught over 30,000 hours of yoga and mentored hundreds of yoga teachers over the last 20 years, he is the founder and Master Teacher at Amrutha Bindu Yoga. His poetic teachings of yoga, eastern philosophy and mysticism emphasise the logical application of yoga to everyday living.

Here are some resources for you to see his work:

[Managing the mind
through Yoga](#)

[Understanding
Yoga Nidra](#)

Let's get started!

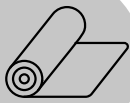


1. Complete your application



2. Make the payment & finalise your spot

(We may take upto a week to process your application) Please wait to hear back from us! :)



3. Prepare for the YN-YTT! :)

Come to the studio or join online!

We are excited to support you on your yoga journey, as we believe this training marks a significant step in the right direction. Let us explore how it can help you unlock your potential and enable you to share this beautiful practice with others.

love & light

medha@amruthabindu.com

www.amruthabindu.com



[TALK TO US](#)

**REGISTER FOR THE
COURSE!**