

OMEGA

Rhinebeck, New York

Dear Student,

You are registered for course # 3012-837, "Amrit Method™ Yoga Nidra: Personal & Professional Training" with Yogi Amrit Desai (Gurudev) and Kamini Desai on July 19-31, 2009.

Please note that there is a special schedule for this course:

Schedule: Daily	7:00 A.M. - 8:30 A.M.	Yoga and Yoga Nidra
	10:00 A.M. 12:00 P.M.	Workshop
	1:00 P.M. - 2:00 P.M.	Workshop: Group time
	2:00 P.M. - 3:30 P.M.	Workshop
	4:00 P.M. - 5:30 P.M.	Workshop
	7:00 P.M. - 9:00 P.M.	Workshop
	Friday, July 31	7:00 A.M. - 8:30 A.M.
10:00 A.M. 12:00 P.M.		Workshop/Workshop Ends

The Children's Program will be available during the extended hours of this workshop. The above schedule is subject to change at the discretion of the faculty.

Faculty has asked that we provide you with the following information:

Greetings and Congratulations on your participation in the Amrit Method™ Yoga Nidra Professional Training! With the refinements and insights of Gurudev, a living yoga master, this course will provide you with personal breakthroughs and new skills that can transform both your personal and professional lives.

"The Amrit Method of Yoga Nidra brings spiritual depth from abstract mystery down to earth and turns it into a practical, attainable living reality." Yogi Amrit Desai

Home Study:

Yoga Nidra Professional Training has a required home study component. The purpose of this homework is to firmly establish the entire group in a common understanding so that we can make maximum use of our time together. All assignments must be completed before the training begins.

1. **Practice yoga nidra** everyday, using one of Gurudev's three CDs with the 61 point body awareness. You can purchase these at www.amritkala.com. Alternatively, you may use a different yoga nidra CD from one of Gurudev's workshops or a yoga nidra CD by Kamini. Keep a journal of your experiences in yoga nidra and any changes you observe in yourself that you attribute to your practice of yoga nidra.
2. Read the entire Yoga Nidra Manual at <http://www.amrityoga.org/YNManual>. A bound manual will be provided upon your arrival at the training.
3. Read the entire manual and summarize chapters 1-9 in **FOUR SHORT BULLETS** for each chapter. Pull out what you think are the four most important points, the essence of the

Awakening the Best in the Human Spirit

chapters, and, IN YOUR OWN WORDS, restate each point in one or two sentences per bullet. The purpose of this summary is to give you the tools to explain Yoga Nidra to your future students, employers, etc. Therefore you need to think this part of the homework through and not just treat it as a mechanical task. When you have completed these summaries, please e-mail them to homeworkYN@amrityoga.org not later than July 10, 2009. Please put your name on the summary. Please also bring a printed copy to the training.

4. Read through the following questions and keep them in mind as you read the manual. You may even begin to answer them if you feel comfortable doing that. Additional material on the questions will be presented during the first part of the training and you will have time to complete the questions before we move to the second part of the training.

Yoga Nidra Homework Questions:

1. An intention's purpose is to help us move towards integration.
 - a. Define integration.
 - b. Rewrite the six intentions below so that they can best move their user towards integration. Rewritten intentions should be short, positive, and in the present tense.
 1. I will be a friend to everyone I meet so I will have friends.
 2. I will not get angry.
 3. I will be more patient.
 4. I want to loose weight so my husband will pay more attention to me.
 5. I really want to let go of these ideas that cause problems in my life so I can be more loving, at peace, content and trusting and I hope to spread that love and peace and contentment and trust to this distrusting and chaotic world.
 6. I want to be enlightened so I can be a yogi with supernatural powers.
2. List three (or more) major characteristics of the Amrit Method™ of Yoga Nidra. Explain why each is important.
3. You defined integration in question 1. Now explain how the Amrit Method™ of Yoga Nidra uses the Posture of Consciousness to establish this state of integration.
4. Why do the Yoga Nidra scripts use so many relaxation techniques, one after another, always ending with the request to "Let go, go even deeper," or similar words?

5. If you are asked about some aspect of yoga nidra and you don't know the answer, how would you respond? What would you do?

The home study is for your benefit, to help you gain more from the training and to better prepare you to begin sharing what you have learned with your students, friends, and family.

Good luck! We look forward to seeing you at the training.

Jai Bhagwan,

Kamini Desai and Ila Michelle McAlpin, training co-leaders

Omega looks forward to seeing you this summer!

Sincerely,
The Omega Staff