



RESEARCH ARTICLE

YOGA NIDRA- TEACHER TRAINING COURSE ON SLEEP

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ABSTRACT

Yoga Nidra (Yogic Sleep) is a qualitative sleep for awakening the spiritual potentials. It is required to allow the normal homeostasis by the end of the day. Then the sleep itself heals many disturbances of the body, breath, mind and awareness. This prevents the hallucinations or illusions which became common with the present modern lifestyle. Such fluctuations of mind can be reduced with mindfulness practices. The natural daily routine is SLEEP, it should be given as a nutshell with scientific and scriptural back ground to the society. The objective of the present study is to see the immediate effect of Yoga Nidra by 3rd day and conclude the better sleep and awareness throughout the day. This can be as early as possible to prevent many stress related diseases of modern life style. Maximum modernization has come from westernization. Here is the chance to spread such innate knowledge of human being through Yoga Teacher Training Courses (YTTC). The teacher training course helps the world from Insomnia, depression, anxiety, bipolar, migrane, etc. many more psychosomatic diseases and disorders.

Key words: Yoga Nidra, TTC, Rishikesh Yog Sansthan, Sleep.

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INTRODUCTION

Yoga Nidra (Yogic Sleep) is a qualitative sleep for awakening the spiritual potentials. It also required allowing the normal homeostasis by the end of the day. Then the sleep itself heals the many disturbances of the body, breath, mind and awareness. This prevents the hallucinations or illusions which are common at any point of such mindfulness practices. The scientific back ground with scriptures support should be given to the society. This teacher training helps the world from Insomnia, depression, anxiety, bipolar, migrane, etc. many more psychosomatic diseases and disorders. There is relation of mind and sleep¹ and the requirement of sleep techniques.

Teaching Methodology

Check list: Self assessment for teacher.

Day	Test (If fulfilled)	Next Technique
1	Ida-Pingala differences	Reduce the duration of technique
2	Chakra awareness	Prana Practice
3	Levitation (lack of Gravitational force)	Make others

Concepts of teacher Training: Concepts of Patanjali Yoga Sutras² by Vivekananda commentary were used to prepare the check list.

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The physiological effects of yoga on human body were based on the recent medical research³. The check list also prepared based on the items in World Health Organization Quality of Life (WHOQOL) (WHO, 19980) (Lakkireddy et al., 2013).

Day-1: Surrender phase

Concept: Participation without expectation. Assess the sleep; duration, quality and disturbance may be wakeup for nature calls, dreams. Observe the stability of position, blinking, eye boll movements and jerky movements of body at any point of 1.30 hour duration.

Day-2: Experiencing phase

Concept: Reduce the session to 1 hour. Observe the ability of making a single wish.

Day-3: Experimenting phase

Concept: Self assessment for student. Rate from 0 (poor) or usual (1) & Excellent (2)

Day-4: Teaching phase

Concept: Fill the check list, understand the Physiology, correlate to the self.

Day-5: Self assessment phase

Concept: Make the others to experience by conducting the steps.

S. No	Assessment items	Day-1	Day-2	Day-3	Day-4
1	Quality of sleep				
2	Duration of sleep				
3	Number of disturbances in sleep				
4	Dream: known or unknown				
5	Gap between bed time and sleep time				
6	Number of disturbances during the session				
7	Sleep in the session				
8	Number of body movements in the session				
9	Blinking of eyelids during the session				
10	Appearance of Face after session (Puffy-slept, Tired- thinking, Normal- wakeful to know the technique)				

Teacher should not reveal the concepts. Only discuss the check list points and the circumstances. The last day for discussion where teacher can reveal the concepts and the report given by the student.

MATERIALS AND METHODS

Two students were selected who have completed their 500 hour basic ashtanga and Hatha yoga from India. Both had the every one hour and thirty minutes of this training.

Intervention

Step-1: Settle down (Grounding),
 Step-2: Self Relaxation,
 Step-3: Segmental Relaxation,
 Step-4: Breath awareness,
 Step-5: A Wish or resolve,
 Step-6: Chakra awareness,
 Step-7: Repeat the resolve,
 Step-8: Nidra. The responses were same from first to fifth step.

But the later steps became difficult for one student who is new to meditation techniques. Other student who was already an experienced teacher in different other meditation techniques was able to feel all the changes of Yoga Nidra. The actual improvements are duration of sleep was same but the time between bad time and sleep time were reduced. Quality of sleep was satisfactory and improved day by day. Number of dreams were reduced from day-1 to 3. Later in discussion session, the students could agree with all the changes happened as true as their experience mentioned in concepts (this was not discussed until 5th day). The last day both students took class for the trainer and got the feedback.

Conclusion

By these steps a teacher can make the others to experience and teach how to teach especially the psychological practices like sleep, meditation. This training methodology allows the person to have the practical knowledge about the technique than just the theory.

Future directions

This have to be improved for much duration from 8 hours (5 days) to 100 or 200 hours teacher training course (TTC) to get every student a chance with trainer.

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