



## *Himalayan Yoga Tradition 2009 Congress*

### *Yoga Nidra Weekend*

*Saturday & Sunday, July 18 & 19  
Murray-Herrick Center Room 304*

*University of St. Thomas  
St. Paul, Minnesota*

*Yoga Nidra*, also known as “Yogic Sleep” is conscious sleep, a state of sleepless sleep, between sleep and meditation, where one obtains complete rest. For thousands of years the Meditation Masters have used the methods of sleepless sleep to learn the secrets of the self, to discover the depths of sciences and arts, and to rejuvenate and heal themselves. Yoga Nidra cannot be taught; it can only be transmitted. This weekend intensive gives one the skills and the opportunity to experience the Power of Conscious Sleep with Swami Veda Bharati and senior teachers in the Himalayan Tradition (see HYT Faculty Biographies separately listed on the web site ).

Participants will attend two days of fascinating lectures, engage in rich dialog, and practice precise exercises to attain this state of “Yogic Sleep”. The program will include both Practice and Theory Sessions.

#### *The Theory Sessions will include:*

- *Philosophical Systems: Sankhya, Yoga Sutras, Tantras with references to Kundalini and Chakras*
- *Anatomy and Physiology*
- *Psychology, Mind and Emotions*

#### *The Practice Sessions will include:*

- *The stages of relaxation, concentration, and meditation:*
- *Full body relaxation and lateral body relaxation*
- *Breath and breath awareness*
- *Sweeping breath*
- *Point to point breathing such as 31 and 61 point with breath rhythms*
- *Heart cave and mind cave concentrations*

# *Yoga Nidra Weekend Schedule*

## **Friday, July 17<sup>th</sup> - Koch Commons**

7:30-9:00 PM (Optional) Welcome with Paul Scheele & Jim Nelson

## **Saturday, July 18<sup>th</sup> - Murray-Herrick Center Room 304**

09:00 - 09:25 AM Welcome-Paul Scheele  
09:25 - 09:45 Practice Session #1, Swami Ritavan  
09:45 - 10:30 Theory Session #1, Swami Ritavan  
10:50 - 11:30 Practice Session #2, Swami Ritavan  
11:30 - 12:00 Debrief, Paul Scheele & Swami Ritavan  
12:00 - 1:00 PM Lunch (MHC Dining Hall)  
01:00 - 1:45 Theory Session #2, Stephen Parker  
01:45 - 2:20 Practice Session #3, Stephen Parker  
02:20 - 2:50 Debrief, Paul Scheele & Stephen Parker  
03:00 - 5:00 Practice, Philosophy and Theory with **Swami Veda**  
05:00 - 5:30 Review and Closing, Paul Scheele

## **Sunday, July 19<sup>th</sup> - Murray-Herrick Center Room 304**

09:00-09:30 Introduction-Paul Scheele  
09:30-10:30 Practice Session #5, Maya Balog  
10:50 - 11:30 Theory Session #4, Maya Balog  
11:35 - 12:00 Practice Session #6, Maya Balog  
12:00-1:00 Lunch (MHC Dining Hall)  
1:00 -2:00 Theory Session #5, Swami Nityamuktananda  
2:00 -2:20 Practice Session #7, Swami Nityamuktananda  
2:20 -2:50 Debrief, Paul Scheele & Stephen Parker  
3:00-5:00 Practice, Philosophy and Theory with **Swami Veda**  
5:00-5:30 Review and Closing, All Faculty

\*The retreat is subject to change, please check bulletin boards daily.