



AMRIT METHOD

Advanced Yoga Nidra Certification program

Who: open to all level 1 Certified Amrit Yoga Nidra Facilitators
delve deeper into the philosophy and psychology behind yoga nidra,
learn to use the advanced card deck, explore children's yoga nidra
and how it can be used with adults too!

When: September 13 - 16, 2017

Where: Sedona, Arizona

Tuition: \$695

Supply fee: \$75 (manual, advanced YN cards, children's YN cards)

Additional supplies required: Yoga Nidra: The Art of Transformational Sleep by Kamini Desai, PhD

How to register: space is limited. Fill out and return the form no later than August 1



Name: _____

Cell phone: _____

Email: _____

Amount due: \$770 (\$695 tuition plus \$75 supplies)

Where and when did you take the level 1 Amrit YN training:

Please make checks payable to **Wellness 4 Life, LLC**

Mail to: Lynn Matthews 35 Rockridge Circle Sedona, AZ 86336