

UPMC Center for Integrative Medicine  
Shadyside Place, Suite 310  
580 South Aiken Avenue  
Pittsburgh, PA 15232

Phone: 412-623-3023  
Fax: 412-623-6414

## YOGA NIDRA WORKSHOP

**Saturday, October 9, 2021**

**8:00am - 1:00pm**

**UPMC Center for Integrative Medicine**

Registration will begin on Friday, August 20, and close on August 31, 2021. Please, use the attached Registration Form. Maximum number of attendees at Workshop is limited to 8 people.

**To be accepted to attend the Workshop applicants must attend the 4 weekly sessions to learn and master 4 Preparatory Exercises that will be taught on 4 Thursdays, early evening (5:15pm - 5:50pm) starting on September 2<sup>nd</sup> through 23<sup>rd</sup>.**

Cost for Workshop .....\$95.00 (cash, checks, CC)

Cost for Weekly Exercises.....\$80.00/4 weeks (as above)

Details and descriptions of the Weekly Exercises will be given to those who register.

Instructor: Alicja W Walczak, M.S. CRS

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## What is YOGA NIDRA?

It is a more advanced Yoga Practice.

There are 5 different Yoga Nidra techniques.

Two of them are designed for “monks & “nuns” i.e. not for ordinary folks like us.

The other 3 vary from more difficult to less difficult. For this Workshop was chosen the one that is less difficult.

It is called “**conscious sleep**”. We are sleeping daily yet we are unconscious.

It is important to be familiar with diaphragmatic breathing and know how to use it in daily life. It is helpful as well to be basically familiar with Energy Centers called “Chakras”. We will cover this subject in Preparatory Exercises.

“YOGA NIDRA should be done in a darkened room, and there should be no strain, stimulus, distractions, or noise from outside (even a bit of sound can be dangerous to the nervous system thus using ear plugs, like cotton balls, may help).

**This practice should NOT be used for sleep or relaxation but only for YOGA NIDRA.** Preparatory Exercises are not YOGA NIDRA. Preparatory exercises give conscious relaxation to the muscles, nervous system, and the brain as well as increase ability to focus and concentrate.

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**In YOGA NIDRA you try to go to deep sleep yet not loose consciousness.** The focus and concentration is held in a specific Energy Center (Chakra) for a specific time with full awareness. That is what we'll try to accomplish at the Workshop.

At the beginning we do YOGA NIDRA for 10 minutes maximum (it doesn't include Preparatory Exercises) because the normal capacity of brainwave relaxation is only 10 minutes (for beginners). Never do this PRACTICE after large meal or being fatigued."

Always do this PRACTICE lying down in corps posture (shavasana) on a firm yet comfortable surface and have left & right side symmetrically aligned along the center of the body. Small pillow under head is recommended.

Once you settle down, the 4 Preparatory Exercises begin one after another. Next begins YOGA NIDRA for 10 minutes with conscious focus and concentration. You must not fall asleep but be fully aware what you are observing at the Energy Center and how well are you aware of your body soundly asleep.

After we finish Yoga Nidra there will be silent time to record our experience in a form of painting, drawing, writing or just simply contemplating. Afterwards participants may share their drawings, writings, or thoughts & experiences as they wish.

**NOTE: Instructions how to prepare for the Workshop and what to bring with you to the Workshop will be given at the last meeting for Preparatory Exercises (Sept. 23, 2021)**

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**REGISTRATION FORM**  
**YOGA NIDRA WORKSHOP**  
**OCTOBER 9, 2021**  
**(and required)**

**Preparatory Exercises September 2 through 23, 2021**

**REGISTRATION BEGINS AUGUST 20 and ENDS AUGUST 31, 2021**

**DATE OF REGISTRATION:** \_\_\_\_\_

**FIRST NAME:** \_\_\_\_\_

**LAST NAME:** \_\_\_\_\_

**ADDRESS: Street** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip Code** \_\_\_\_\_

**TELEPHONE:** cell \_\_\_\_\_ home \_\_\_\_\_

**DATE OF BIRTH:** \_\_\_\_\_ **Male** \_\_\_\_\_ **Female** \_\_\_\_\_

**E-MAIL (print VERY clearly):** \_\_\_\_\_

**YOGA PRACTITIONER:** \_\_\_\_\_ **MEDITATOR:** \_\_\_\_\_ **OTHER:** \_\_\_\_\_

**FEES: WORKSHOP.....\$95.00/person**

**PREPARATORY EXERCISES (for 4 weeks).....\$80.00/person**

**TOTAL.....\$175.00/person**

**PAYMENT-AMOUNT:** Cash \$ \_\_\_\_\_ Check No. \_\_\_\_\_ \$ \_\_\_\_\_

Credit Card (by phone) \$ \_\_\_\_\_

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**DESCRIBE YOUR INTENTION & EXPECTATIONS OF JOINING THE PREPARATORY EXERCISES AND/OR THE WORKSHOP:**

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**IMPORTANT**

**NOTE: Only 8 Participants will be accepted for the Workshop.**

**Those who complete Preparatory Exercises have a choice of opting out of Workshop then the \$95.00 will be refunded. However, they must make such decision not later than Sept. 30<sup>th</sup>, 2021.**

**There will be no Refunds for Preparatory Exercises.**

**Please initial \_\_\_\_\_**