

50 HOUR

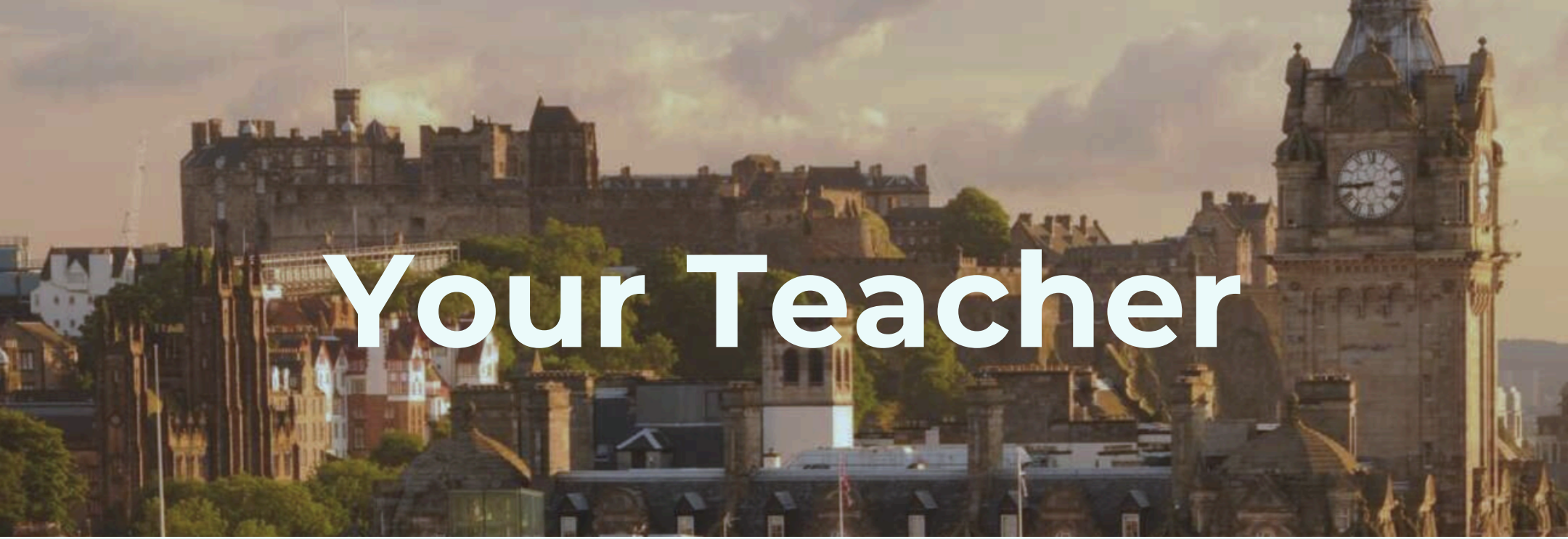
Yoga Nidrā & Meditation

April 7-11 2027 | Edinburgh, Scotland

Immerse yourself in the study of **Yoga Nidrā and Meditation** in beautiful **Edinburgh, Scotland**. This 5 days immersion is offered at the **Salisbury Spiritual Centre** April 7-11th 2027.

This **Yoga Alliance** recognized program is eligible for Continuing Education hours. It is open to anyone looking to learn more about Yoga Nidrā & Meditation and **nervous system regulation**. Everyone is welcome and experience teaching Yoga is not necessary.





Your Teacher

Dede Monette



Dede's journey with yoga began in childhood, guided by an innate curiosity and deep connection to nature

Rooted in Tofino, British Columbia, Canada, Dede has been teaching for over 20 years and is the founder and director of the Tofino Yoga School, offering 200hr Yoga Teacher Training and Continuing Education programs.

Her teaching draws from Hatha, Yin and Restorative Yoga, meditation, philosophy, and trauma-informed practices.

Dede has the immense privilege of working within First Nations communities, offering accessible yoga and wellness programs.

A wife, mother, teacher, and lifelong student, her work is deeply rooted in nature, community, and connection

Dede is happiest with sandy feet and salty hair with her passport nearby.

tofinoyoga.com

**Questions About Our 50hr
Yoga Teacher Training?**

Email us at **info@tofinoyoga.com**

Course Highlights



Yoga Alliance Certified

This continuing education program is recognized by the Yoga **Alliance** and is eligible for those pursuing their 300hr/500hr certification when all three 100hr CE modules are completed through Tofino Yoga School.



Set Amidst Historic Beauty

Set in the heart of **Edinburgh** and offered at the **Salisbury. Spiritual Centre**, each day consists of study and practice in a city long known for its cultural and historical depth, making it a perfect setting for inner exploration



Open to Everyone

This immersion is designed for both Yoga teachers and those working with nervous system regulation, such as nurses, teachers or counsellors, as well as anyone looking for an opportunity to **slow down and reconnect**.



Comprehensive Curriculum

An **in-depth** study into the history of Yoga Nidrā and Meditation, anatomy, philosophy, foundations and applied methodology.

Curriculum

History

Explore the origins and evolution of Yoga Nidrā and Meditation, from their ancient yogic roots to the contemporary practices we know today.

Philosophy

Discover the yogic philosophy that underpins Yoga Nidrā and Meditation, including the Eight Limbs of Yoga and the journey inward towards greater awareness.

Foundations

Learn the essential principles, structure, and techniques of Yoga Nidrā and Meditation while developing the confidence to establish and guide meaningful practices.

Anatomy

Explore the nervous system, the relaxation response, and the relationship between breath, body, mind, and deep rest.

Yoga Energetics

Discover the subtle body through the lens of prana, the chakras, nadis, and koshas, and explore how these teachings relate to Yoga Nidrā and Meditation.

Stillness and Release

Experience practices that invite the body to soften, the nervous system to settle, and the mind to move towards stillness, spaciousness, and deep rest.



Daily Schedule



Our 5 day immersive training blends focused daily learning and intentional rest.

While timings may shift slightly, this structure is designed to support a balanced blend of study, connection & reflection.

8:00am - 9:00am | Yoga Asana

9:00am - 9:30am | Breakfast

9:30am - 1:00pm | Lecture

1:00pm - 2:15pm | Lunch

2:15pm - 4:30pm | Lecture

4:30pm - 5:30pm | Gentle Practice

6:00pm | Dinner and/or Group Activity*

Tuition

£888

\$1599 CAD

*Some evenings may be required for satsang or other group activities.