YOGA NIDRA & THETA BRAIN WAVE TRAINING

- Providing the skills and tools for upgrading your quality of life
- Natural, easy and effective for all ages from ten to one hundred ten
- Calm and focus your mind during daily living
- Less muscle tension, brain fog, general body pain and chronic pain
- Greater creativity & awareness
- Create a feeling of well-being, physically, mentally and spiritually
- Balance left and right hemispheres of your brain
- Create abundance in your life
- Increase intuition and knowing
- Reduce mental, emotional and physical stress
- Eliminate adrenal fatigue and headaches including migraine
- Achieve Wellness & Inner Peace

International Institute of Medical Hypnosis
950 A Cass Street, Monterey, CA 93940
831-298-7332
Yoga Nidra and the Theta Brain Wave Technique are focusing-of-the-mind procedures that cause the physical body and the left hemisphere of the brain to go into deep relaxation/sleep while the right hemisphere becomes very active and achieves a high level of alertness/awareness.

This state of consciousness as measured by an EEG (electroencephalograph) is called an “Alert Theta Brain Wave,” the same as REM in normal sleep.

With continuing practice the hemispheres become balanced and many old and not-useful patterns of thought and action melt away leading to inner calm and peace, mindfulness and knowing; the conscious, unconscious and sub-conscious gradually integrate.

**IS THERE A DIFFERENCE BETWEEN YOGA NIDRA/THETA BRAIN WAVE TECHNIQUE & MEDICAL HYPNOSIS?**

The major difference between Yoga Nidra, the Theta Brain Wave Technique and medical hypnosis is the high level of mental alertness/awareness during the entire session. The focusing procedure requires active right hemisphere of the brain participation throughout the session.

All medical hypnosis and self-hypnosis procedures decrease mental alertness and awareness in both hemispheres of the brain. The medical hypnosis focusing procedures require passive participation throughout the session. This low level of awareness allows the hypnotherapist to work directly with the conscious and subconscious mind with minimum interference.
There are many life-long benefits gained by a daily practice of Yoga Nidra & the Theta Brain Wave Technique.

One of the most important benefits is profound mental and physical rest. A thirty-minute session gives the equivalent rest of eight hours or more of high-quality sleep.

To be in the best physical and mental health, adults of all ages need a minimum of eight hours of high-quality sleep every day, seven days a week. Teenagers and younger need a minimum of nine to eleven hours every day.

Today two-thirds of Americans of all ages are sleeping less than seven hours daily and due to high levels of mental stress and the medications taken to go to sleep, the quality of sleep is very low.

Lack of rest leads to major side effects in the body and mind.

Brain Fitness boosts your Quality of Life
Receiving the proper rest every day enhances functioning of the immune and metabolic systems, improving overall physical health and leading to higher energy, fewer colds and infections of all types.

Rest also improves mental health eliminating brain fog, insomnia, anxiety attacks, PTSD and depression.

**WHY IS MENTAL & PHYSICAL REST IMPORTANT?**

**HOW DO YOU MAKE CHANGES IN YOUR LIFE USING YOGA NIDRA & THETA BRAIN WAVE TECHNIQUE?**

The Yoga Nidra/Theta Brain Wave training program includes learning and applying *Sensory Imaging* to program the brain with the skills listed below:

- A. Increase and decrease circulation anywhere in the body
- B. Release muscle spasms anywhere in the body
- C. Anesthetic and analgesic procedures for chronic pain control
- D. Stop bleeding anywhere in your body using muscles rather than coagulation
- E. Balance Right and Left Hemispheres of the brain
- F. Memory & Retention program for study and test anxiety
- G. Stop-smoking and permanent weight-control programs
- H. Procedure for stopping and ending migraine headaches
- I. Imagery and procedures for removing fear from your daily life
- J. Imagery for reducing stress in your life
- K. Developing a Relaxation Response to detune the Fight or Flight Response which is responsible for most of your daily stress
ARE LAW-OF-ATTRACTION SKILLS INCLUDED IN THE TRAINING?

Learn to develop goals in three areas of your life—personal, family & relationships, business/school/volunteer. Develop an understanding of Desire-Intention-Action and how to apply in your life.

Learn to program the “goal-seeking” computer in your brain through sensory imaging rather than words and affirmations.

Get rid of what you don’t want in your life and attract that which you do want in all three areas of your life.

IS MEDITATION INCLUDED IN THE TRAINING?

Starting deep meditation from the Theta brain Wave state of consciousness allows an uninterrupted meditative experience for subtle spiritual exploration that would take many years to develop using most meditation procedures taught and practiced today.

If a student has an established meditation practice, the Yoga Nidra Meditation can be integrated very easily. Chakra meditation is also included in the training.
THE YOGA NIDRA & THETA BRAIN WAVE TRAINING

The training consists of 6 two-hour classes, one class per week for 6 weeks. Each class consists of a lecture and a minimum thirty-minute Yoga Nidra/Theta Brain Wave session. The training classes have a maximum of seven students.

The student’s homework is a thirty-minute session each day for the six-week period using a CD recorded by the instructor for the first three classes. All classes begin with checking the progress of students.

After each of the first three classes, the student receives a new CD to listen to at home with new material to learn and experience during the sessions.

On the fourth class the student is now able to do basic Yoga Nidra/Theta Brain Wave sessions on their own without the use of a CD. The sessions on CDs are only used for the training.

The class four, five and six curriculum consists of advanced Sensory Imaging practice and programs for self-development and self-healing.

INTRODUCTORY WORKSHOPS

Introductory workshops are held several times each month at the offices on Cass Street in Monterey.

The workshops are two hours long and are scheduled for 1:30 pm and/or 7:00 pm. They consist of an informational lecture and a minimum of a thirty-minute Yoga Nidra/Theta Brain Wave session.

The tuition is $20 per person, paid at the door. Reservations are required. Call today.
I worked at a convalescent hospital on the night shift for many years. I had three strokes and had to retire. After several years of trying to sleep at night I gave up the idea of ever sleeping at night. I was tired all the time, ached with arthritis pain all over my body and was having trouble with balance when walking. I saw an ad in a local paper about an upgrade-your-life workshop and attended. During the Yoga Nidra/Theta Brain Wave session, I experienced my first rest, physically and mentally, in years. After the session my overall body pain was reduced fifty percent. So I signed up for the Training. By the time that I completed the course, I was sleeping regularly from 11:00 pm till 7:00 am, most of the time was out of pain and my balance was restored. E.M.

....and by the third week of the Training, my blood pressure was back to normal and I did not have to take any drugs to do it. E.R. RN

I was having migraines four or five times a month, some so painful that I had to go to ER for pain medication. On the fourth week of the Training, I was given the sensory imaging procedure for stopping the migraines in the early symptom stage. After several applications of the procedure, I have been migraine free for over a year. B.P.

I graduated in veterinary medicine from a university in another country. After I moved to California, I had to take the state examination, which I failed my first two times. I took the Training and studied using a memory and retention program. I passed the examination on my third try. N.T. DVM

Focus is important in my work as a therapist. I found myself unable to focus and each day it was getting worse. I found the Training very helpful in removing brain fog and getting me back on track. W.H.

I have an autoimmune disease that was completely debilitating until I took the Training and started practicing Yoga Nidra every day. Now most of the time I can function like a normal human being and look forward to attracting joy and happiness in my life. A.P.
To achieve Wellness with higher daily energy as well as reducing stress and anxiety in your life, learn and practice Yoga Nidra and the Theta Brain Wave Technique.