Yoga Nidra + Sound Healing Teacher Training

A private, one-on-one training for future retreat facilitators

DATES

Three consecutive days, scheduled privately — Friday–Sunday or weekdays, agreed after approval

SCHEDULE

Proposed daily rhythm: 10 am – 1 pm and 2 – 5 pm, with a 1 – 2 pm break (flexible by arrangement)

INSTRUCTION

18 hours (6 per day)

BALANCE

6 h Yoga Nidra · 6 h Sound healing · 6 h Mindset & identity transformation (private inner work and supported practicum)

LOCATION

In your home or another suitable private space, arranged together. Travel outside the local area is quoted separately.

INVESTMENT

$2,000 — $1,000 retainer + $1,000 balance; travel outside the local area quoted separately

Offered year-round as a private training. Dates are agreed together — Friday to Sunday or weekdays — and are confirmed only after your application is approved and your retainer is received.

LEARNING OUTCOMES

You will be able to

- Guide a complete 45–60 minute Yoga Nidra practice woven with sound.
- Play crystal singing bowls with control, sensitivity and safe volume.
- Write and pace your own Yoga Nidra script.

- Build a more supportive inner voice through hypnotherapy-informed mindset and identity work.
- Lead clear consent and sound-comfort conversations with any group.
- Plan a travel-friendly instrument kit and set up any venue.
- Show up as the facilitator you're meant to be — with 1:1 work on the fears that hold most new leaders back: being judged, not knowing enough, imposter feelings.

DAY 1 · 6 INSTRUCTIONAL HOURS

Foundations of Sacred Rest

Explore guided rest, meet the instruments and begin the inner work of becoming a sound healer.

- Yoga Nidra foundations
- Meeting the instruments
- Sound-healer identity & intention
- Receive & deconstruct a full practice
- Playing technique

DAY 2 · 6 INSTRUCTIONAL HOURS

Finding Your Voice as a Sound Healer

Develop your guiding voice, work with limiting beliefs and practice holding space with confidence and care.

- Scripting, pacing & voice
- Layering sound with guidance
- Reframing limiting beliefs
- Embodied confidence & holding space
- Travel-friendly kit & room setup
- Teach-back

DAY 3 · 6 INSTRUCTIONAL HOURS

Supervised Practicum

Bring your skills and growing confidence together in a supported guest session, with personal feedback and next steps.

- Script refinement
- Sound plan & rehearsal

- Welcoming guests & consent
- Supervised practicum
- Feedback & practical assessment
- Identity integration & next steps

PREPARATION

Arriving ready

- Experience two or three 20–30 minute Yoga Nidra practices; notice voice, pacing and transitions.
- Reflect on the sound healer you want to become and the beliefs or fears you would like support with.
- Choose 2–3 songs or soundscapes that inspire you (titles only).
- Bring a journal, water, comfortable clothing and any bowls you already own.

CONTINUED SUPPORT

Beyond the Training

Mentorship, Community & Continued Support

Three days is the beginning, not the finish line. You won't be expected to have it all figured out by the end — you'll be welcomed into a circle of women who hold space for rest and sound, and Vanessa stays a warm, real point of contact as your retreat work grows.

Optional private mentorship add-on

Three 60-minute one-on-one mentorship sessions after the training — $400 each, or $1,200 for all three, available as an optional add-on. Schedule them at times that suit you, and use them to reflect on your first sessions and shape what comes next.

Choosing your own bowls — if and when you're ready

Personal guidance on crystal singing bowls suited to your practice and retreat goals. By arrangement, Vanessa can accompany you to a trusted, experienced sound healing professional and instrument seller in the Venice, CA area to see, hear and try bowls in person — or guide you in sourcing thoughtfully online.

Support for your retreats

Ongoing encouragement as you plan retreats, near home or abroad — sharing resources, ideas and, where it's a genuine fit,

introductions, referrals or collaborations.

Community & sisterhood

A continuing connection with Vanessa and her community of facilitators, practitioners and friends — an invitation to stay in touch long after our three days.

Purchasing bowls is entirely optional and not required to complete the training; all instruments are provided during our three days. Any instrument costs are separate and not included in the training fee. Beyond any mentorship sessions you choose, ongoing support is offered in the spirit of friendship and community — it isn't unlimited coaching, and referrals, collaborations or retreat opportunities aren't guaranteed.

ASSESSMENT & CERTIFICATE

A clear, honest standard

- Attendance for all three days.
- A 45–60 minute supervised practicum on Day 3, ideally with invited guests (or Vanessa as participant if guests are not feasible).
- Assessed on: clear consent and comfort check, safe sound volume, coherent Yoga Nidra structure, pacing and voice, and a calm return and closing.

A certificate of completion for 18 instructional hours is issued by Vanessa Rezende Yoga & Meditation, contingent on attending all three days and successfully completing the practical assessment on Day 3. Breaks are not counted toward these hours.

This immersion is offered independently by Vanessa Rezende Yoga & Meditation. It is not presented as a Yoga Alliance registered or accredited program.

TERMS

Agreement & payments

I understand this is a private educational immersion, not medical or psychological treatment. I will share any hearing sensitivity or comfort needs, and I will obtain consent from every person I guide on Day 3. I understand my dates are confirmed only after my application is approved and my retainer is received, that the balance is due before training begins on the date we agree, that travel outside the local area is quoted separately, and that payments are final per the Terms.

Payments are processed securely by Square and are final. Payment links are emailed privately — never published. This is an educational immersion, not medical or psychological treatment. Full terms: vanessarezende.online/terms · vanessa@vanessarezende.com