

Yoga Therapy for Insomnia and Sleep Recovery

Thank you for your interest in Yoga Therapy for Insomnia and Sleep Recovery. This long-established course is now being expanded and offered with Yogacampus, Lisa Sanfilippo and Dr. Shivanthi Sathanandan

This practical, thoughtful and experiential training enables you to develop your knowledge, tools and resources. It helps you to understand the sleep problems you will see in your students and clients, and offer perspective and practices that are appropriate and helpful.

The course includes yoga postures and how they can support sleep, as well as specific sequences that you can teach in groups and use as a starting point for one to one work.

By the end of the course those qualified to teach yoga already or who are qualified yoga therapists may offer 4 or 6 week Sleep Recovery Yoga courses or one to one consultations. You will also be eligible for listing on the online directory of ***Yoga for Sleep Recovery Specialists*** upon satisfactory completion of a knowledge assessment on the final day of training.

Eligibility:

This unique training is open to existing yoga teachers and to trainee yoga teachers so long as you have some experience of teaching. It is also open to existing yoga therapists or yoga therapy students. **If you fulfil this requirement you can book the course online and DO NOT need to complete the application form.**

We also will consider applications from general health practitioners who have an established yoga practice. In this case **you must complete the application form** and email it to info@yogacampus.com for approval before you book onto the course.

Course outline:

On Day 1 you will learn the principles of Yoga Therapy for Insomnia and Sleep Recovery.

We will then take this into a weekend workshop where you will observe the teaching of the key components of the course and classes in a two day intensive format. Days 2 and 3 will be an opportunity for you to learn how this information

can be taught in an open environment. You will therefore be observing a live group of people on those two days.

On days 4 and 5 you will be back with your original group to review and deepen your understanding of the practices and principles and learn how to apply them as a teacher in your work with students and clients. The knowledge assessment will take place on the last day.

Help People Sleep Better

If you want to help people to sleep better, this course gives you the holistic knowledge, tools and resources you need to incorporate yoga therapy for insomnia into your classes, courses, workshops or one to one teaching.

The course is designed so that you can serve clients or students who suffer from long-term chronic insomnia, have sleep disturbances from time to time or simply want to sleep better and feel more refreshed.

The course will also help you to manage your own sleep, wakefulness and energy levels, effectively 'walking the talk.' This is particularly important as yoga teachers and other health and wellbeing professionals are often at risk of burnout or lacking in rest because they are not able to manage their energy in giving to others.

The course is designed not only for yoga teachers and yoga therapists but also for psychotherapists, body workers and medical and health professionals who want to learn a holistic approach to better sleep. Qualified yoga teachers/ yoga therapists will become certified to teach Sleep Recovery Yoga™ while others will receive a certificate of completion, both of which offer you the chance to hone your skills with supportive assessment and access to ongoing access to support.

If you incorporate your knowledge and use it well, you will be in demand for your work with sleep.

Whether new parents, stressed out executives, students, or those experiencing life transitions, the population seeking help with sleep is tremendous. Sleep has become an international preoccupation for good reason. Without adequate sleep mood plummets, memory suffers, and we become more susceptible to a range of health disorders.

Rates of insomnia are thought to be roughly similar in the US, UK, Germany, Australia, and Japan (Havens et al., 2017)¹, with some studies showing 10 to 20% of the general US population experiencing insomnia, 50% of whom have a chronic bout of insomnia (Buysse, 2013)². Some studies put the figure in the US

¹ Havens, C. M., Grandner, M. A., Youngstedt, S. D., Pandey, A., & Parthasarathy, S. (2017) International variability in the prevalence of insomnia and use of sleep-promoting medications, supplements and other substances. *Sleep*, 40(Suppl 1), A117–A118.

² Buysse, D. J. (2013). Insomnia. *Journal of the American Medical Association*, 309(7), 706-716.

up as high as 23.6% (Roth et al., 2011³). In one recent British commercial survey (Dreams, 2016⁴), more than 60% of respondents said they were unhappy with the amount of sleep they were getting, almost 30% cent said they never wake up feeling refreshed, and 74% of their respondents said they actively worried about not getting a good night's sleep. Another 2017 study (Sleep Council⁵) reported almost third of Britons (30%) felt they had slept poorly.

You'll learn how a yoga-based approach offers a more sustainable and holistic approach that, when put into practice, gives both immediate and long-term relief.

The course offers theory and frameworks to guide your understanding about sleep, wakefulness and energy management throughout the day. Yoga based practices complement and enhance more traditional medical/ behavioural approaches to overcoming insomnia and sidestep the use of addictive or harmful sleep aids.

The course gives you:

- The reasons why people don't sleep well and how to alleviate some of the most popular underlying causes.
- Ways to help people in a more immediate sense, and in terms of long term sleep 'repair' or recovery through asana, pranayama, meditation, marma, mudra, and other yoga based tools that are simple and effective *even for those who have never done any yoga* or have physical limitations.
- Tools to help people recondition their bodies, brains, emotional responses and habits so that they no longer sabotage their sleep.

Experience: Walking the Talk

Core to the programme is that you practice all the things you will offer to others, so that your knowledge is deep-seated, experiential and authentic.

Quite unlike taking drugs for an illness you don't have- which would be detrimental- doing the practices involved in yoga therapy for sleep recovery when you *don't* have insomnia or trouble sleeping won't harm you! They can only help you in a more global sense- to be calmer, more focussed and more alert during the day.

³ DSM: Roth, T., Coulouvrat, C., Hajak, G., Lakoma, M. D., Sampson, N. A., Shahly, V., [Shillington, A. C.](#), [Stephenson, J. J.](#), [Walsh, J. K.](#), & Kessler, R. C. (2011). Prevalence and perceived health associated with insomnia based on DSM-IV-TR; international statistical classification of diseases and related health problems, tenth revision; and research diagnostic criteria/international classification of sleep disorders, second edition criteria: Results from the America insomnia survey. *Biological Psychiatry*, 69(6), 592-600.

⁴ "The 2016 UK Sleep Survey Results." *The Sleep Matters Club*, www.dreams.co.uk/sleep-matters-club/sleep-survey-uk-2016/.

⁵ "The Great British Bedtime Report 2017 - The Sleep Council." *Great British Bedtime Report*, Sleep Council, www.sleepcouncil.org.uk/wp-content/uploads/2013/02/The-Great-British-Bedtime-Report.pdf.

Core to the programme are personal practice and review, applying the knowledge to real-life situations and different types of problems that people present in a one to one or classroom situation.

Core Content:

- asana: The Simple Sleep Sequence and Deeper Sleep Sequence
- pranayama: practices that signal sleep and that signal wakefulness
- meditation: guidelines and practices that may 'repair' the ability to get to sleep and stay asleep
- marma point therapy- self-acupressure techniques aligned to insomnia recovery
- daily habits and practices: separate the habits that make a real difference to sleep and wakefulness, from the gimmicks and fads that don't truly solve the problem

You will learn:

- How sleep works: including factors that promote good sleep and those that can sabotage sleep
- Why we don't sleep: underlying reasons for sleep problems and insomnia- physical, mental, emotional and even spiritual
- What to for 'sleep recovery': Practices that address all aspects of sleep problems
- How different body-personality types experience sleep problems - and how to tailor sleep recovery to 'type' and to the individual person.
- The tools include:
 - specific postures (asana) within simple, tried and tested sequences for getting to sleep, staying asleep, and waking up
 - simple, effective breath (pranayama) to use daily and before sleep
 - meditation techniques (why, how and when) that best support sleep
 - yoga practices to *avoid* in order to promote sleep

Core Competencies:

- Learn to teach the sequences and practices clearly
- Assess the underlying sleep problems and needs of your client to tailor your therapeutic approach accordingly
- Learn key facts and focus points for discussion in consultations and classes, to educate and support your clients and students
- Prepare to teach a short (4 or 6 week course) or workshop
- Equip yourself to teach one to one with confidence and support

At the end of the training you will be fully prepared to:

- Incorporate information about better sleep and rest into group classes
- Offer one to one sessions focused on sleep recovery, or make informed recommendations to your patients or clients based on knowledge and experience

- If you are already a qualified yoga teacher you will be equipped to teach a 4 or 6 week course or work with individuals privately offer courses or classes with confidence

Lisa Sanfilippo is your primary trainer

Lisa Sanfilippo is a senior yoga teacher, yoga therapist, and is the UK's leading expert in yoga therapy approaches to overcoming insomnia and sleep problems. She holds a BSc from Brown University, an MSc from The London School of Economics, and trained as a in counselling and psychotherapy at the Centre for Counselling and Psychotherapy Education in London where she is pursuing a research MA in yoga and transpersonal psychotherapy in conjunction with Northampton University.

She is a Teacher Trainer at Triyoga UK, has previously taught CPD on yoga therapy for insomnia with the Minded Institute and is a Yoga Alliance Professionals Senior Yoga Teacher. She works teaches yoga classes and courses geared towards personal transformation in a trauma-informed way. She has worked with athletes, captains of industry, well-known actors, stressed-out parents, the elderly and children using her methods, with great success.

*Lisa has over 20 years of experience, having overcome crippling insomnia herself. Today her programmes help thousands of others to sleep better through practical yoga and a body-mind wellness system. Her work is road-tested, research-grounded and most of all, if you use it, it really works. She is the author of two upcoming books, one for teachers, therapists, medical and healthcare providers entitled **Yoga Therapy for Insomnia and Sleep Recovery** (Singing Dragon Publishers, 2019), and the other for the general public with Bloomsbury.*

She has co-authored a chapter on yoga therapy for insomnia with Harvard Medical School professor Dr. Sat Bir Khalsa, a leading sleep and yoga researcher (Handspring, 2018). Lisa's practical approach focuses on integrating the best in modern and traditional approaches with clarity.

Lisa consults privately in London and worldwide, and regularly holds courses and seminars at some of Europe's leading yoga centres (Triyoga and The Life Centre). She has created the Yoga for Sleep Recovery and Super Sleep Yoga online course (supersleepyoga.com), and offers training to corporations, medical practices and others wishing to incorporate the principles of yoga therapy for sleep and insomnia into their clinical work or to help employees/clients to improve rest, sleep performance and wellbeing. She also is a lead teacher on the Triyoga teacher training and pioneered the Depth Yoga Course www.depth.yoga.

More information on Lisa can be found at www.lisayogalondon.com and on her sleep recovery programme at www.supersleepyoga.com

Dr Shivanthi Sathanandan (MBBS BSc MRCPsych) is a consultant psychiatrist with ten years of clinical experience in a number of settings. She lectures on sleep

and its impact on mental health and substance misuse.

She is currently a Consultant Psychiatrist for a community NHS Substance misuse service and works for Practitioner Health Programme (a national service for health professionals with mental health issues).

She has been practicing yoga for almost twenty years with a background in a variety of styles. In 2012 she completed her 200 hour yoga teacher training with YogaLondon and since then has taught in yoga studios and NHS Trusts for both patients and staff.

As a yoga practitioner and a psychiatrist, she works in service for health professions with mental health and addiction problems. In these contexts she has been able to teach basic pranayama, asana and meditation techniques around sleep problems. Her knowledge and experience have been met with enthusiasm and openness to learn these techniques, and when successful she has found her medical colleagues to be keen to learn more about using it within their own practice with patients. The key to implementation has been in developing clear and direct language to impart the tools of yoga therapy for insomnia in an accessible way, to create the widest possible acceptance.

Dr Sathanandan says: "Yoga therapy offers health professionals a powerful tool to offer their patients not only relief but also a way of building their resilience and recovery capital. As yoga therapists you are in a unique place to work in a collaborative manner with NHS and private practice medical practices in a number of ways. One way is in distilling basic practices that may aid sleep and how they can be taught, monitored and tweaked as needed (this often requires the health professional to take on the practice themselves for authenticity of teaching when they pass it on) and secondly, in a therapeutic capacity as part of a treatment option for patients (either being part of the multi-disciplinary team or taking external referrals from medical teams)."