08-09 February 2027

STILLNESS AS MEDICINE

Blue Pea Yoga

Teaching Rest as a Therapeutic Practice

12 days / 11 nights - South Goa

Location: Khaama Kethna, Canacona (South Goa)

Nestled in the jungle, Khaama Kethna offers simple wooden huts surrounded by nature, while still providing comfort and essential facilities. The environment itself supports slowing down, grounding, and reconnection.

TTC OVERVIEW

Stillness as Medicine is a 12-day, 100-hour Yin Yoga & Yoga Nidra immersive teacher training course designed to explore rest as a therapeutic, teachable practice. This training is not about performance, intensity, or acquiring more techniques to do. It is about learning how to slow down with intelligence, listen to the body and nervous system, and hold space for stillness in a way that is safe, grounded, and effective.

Each day weaves together embodied practice, anatomy and nervous-system education, self-inquiry, and teaching methodology, allowing students to experience Yin and Nidra from the inside while also understanding how and why these practices work.

Rather than offering constant stimulation or information overload, the training is intentionally structured with integration time, quiet reflection, and low-stimulation windows - supporting depth, clarity, and sustainable learning that can be carried into both personal practice and professional teaching.

Group Size: 10-15 participants

WHY THIS TRAINING EXISTS?

This training exists in response to a culture of over-effort, over-teaching, and under-resting - both in yoga spaces and in daily life. Yin Yoga and Yoga Nidra are often taught as techniques, but rarely as therapeutic, nervous-system-informed practices rooted in safety, awareness, and integration. Stillness as Medicine has been created to offer a slower, deeper, and more responsible approach: one that honours rest as a skill to be learned, embodied, and taught with care.

WHAT MAKES THIS RETREAT DIFFERENT?

Education, not just practice

Rest is approached as something to be learned, embodied, and transmitted with care — not as a passive state or a “nice add-on” to active practices.

Teaching rest as a therapeutic skill

You won’t only experience Yin Yoga and Yoga Nidra — you’ll learn the theory, anatomy, and nervous-system principles that explain why they work and how to teach them safely and effectively.

Nervous-system–informed approach

Practices and sequencing are grounded in regulation, safety, and resilience, with an emphasis on trauma-awareness and long-term wellbeing.!

Integration over intensity

The pace is intentional, with built-in time for rest, reflection, and digestion of both information and experience — avoiding overload and exhaustion.

DAILY RHYTHM & PRACTICES

Each day follows a steady, intentional rhythm designed to support deep learning, embodiment, and nervous-system regulation. The structure balances practice, theory, teaching methodology, and integration, allowing rest to remain central rather than something to recover from.

Morning

Embodiment & Inner Listening

- Yin Yoga, Yoga Nidra, meditation, and breath practices
- Experiential exploration of stillness, sensation, and awareness
- Practices are used to feel concepts before analysing or teaching them

Midday

Education & Understanding

- Yin Yoga foundations (philosophy, meridians, elements)
- Functional anatomy, fascia, and nervous-system regulation
- Yoga Nidra theory, structure, and safe space holding
- Teaching methodology, sequencing, and adaptation

DAILY RHYTHM & PRACTICES

Afternoon
Integration & Reflection

- Rest, journaling, self-study, and quiet reflection
- Personal integration time to digest content and experience
- Optional mentoring or one-to-one support sessions (selected days)

Late Afternoon
Teaching Practice & Application

- Practice teaching Yin and Yoga Nidra
- Voice, pacing, language, and presence development
- Feedback and group reflection in a supportive, non-competitive environment

Evening
Subtle Practices & Integration

- Guided Yoga Nidra journeys
- Meditation or mantra practices
- Integration circles and reflective sharing

**Evenings are intentionally low-stimulation and not fully programmed every day, supporting nervous-system regulation, integration, and sustainable learning.

MODALITIES INCLUDED

Yin Yoga

- Foundations in Taoism, TCM meridians, and the Five Elements
- Functional anatomy: fascia, joints, tension vs. compression
- Key Yin postures, variations, prop use, and contraindications
- Intelligent sequencing based on meridians, themes, and nervous-system needs

Yoga Nidra

- History, philosophy, and modern applications
- Structure of a complete Nidra practice (including Sankalpa)
- Voice, pacing, tone, and language skills

Nervous-system education

- Stress physiology and regulation basics
- Polyvagal-informed awareness (introductory level)

MODALITIES INCLUDED

Functional Anatomy & Subtle Body

- Fascia, joints, and energetic pathways
- The koshas and layers of experience

Teaching Methodology

- Sequencing, class structure, and thematic teaching
- Adaptation for different bodies, abilities, and emotional states
- Cueing, language, and holding therapeutic space

Integrated Practices

- Daily Yin, Yoga Nidra, meditation, and breath practices
- Mantra and subtle awareness practices (selected sessions)
- Practice teaching with feedback and reflection

WHO THIS RETREAT IS FOR?

This teacher training is ideal for people who:

- Wish to deepen their understanding of Yin Yoga and Yoga Nidra as therapeutic practices
- Are interested in nervous-system regulation, rest, and sustainable wellbeing
- Want to teach from experience, awareness, and integrity rather than performance
- Value education, embodiment, and depth over speed or intensity
- Are willing to slow down, self-reflect, and engage with the material fully
- Feel called to hold space for others in a grounded, responsible way
- Are ready to invest time, energy, and attention into a meaningful learning process.

WHO THIS RETREAT IS NOT FOR?

This teacher training is not suitable for people who:

- Are looking for a fast-paced, physically intense, or performance-driven training
- Want a quick certification without deep personal engagement or self-inquiry
- Are unwilling to reflect on their own nervous system and patterns
- Expect this training to replace psychotherapy or clinical mental health support

LEVEL & ACCESSIBILITY

This training is designed to be accessible while remaining in-depth:

- Suitable for both beginners and experienced practitioners
- Open to yoga teachers, therapists, bodyworkers, and dedicated students
- No prior Yin Yoga or Yoga Nidra teaching experience required
- Practices are adaptable to different bodies, abilities, and physical limitations
- Emphasis is placed on sensation, awareness, and self-regulation rather than flexibility or performance
- Participants should have emotional stability and the capacity for self-responsibility

Contra-indications:

This training is educational and experiential, not a substitute for psychotherapy or medical treatment, as we are not licensed psychologists or psychiatrists.

PRACTICAL CONTAINER

The training is held within a clear, supportive, and intentional container:

- Structured days designed to balance learning, practice, and integration
- Built-in rest periods and low-stimulation windows to support nervous-system regulation
- Periods of silence during selected practices and moments of the day
- Phones encouraged off or put aside during classes and practice sessions
- A non-competitive, non-performance-based learning environment
- Space for personal reflection, journaling, and quiet integration
- Clear boundaries around scope of practice, safety, and self-responsibility

WHAT YOU'LL TAKE HOME?

By the end of the training, you will take home:

- The skills and confidence to teach Yin Yoga and Yoga Nidra in group or private settings
- Functional knowledge of fascia, anatomy, and the subtle body
- The ability to sequence and adapt practices for different bodies and needs
- Greater sensitivity in language, pacing, and space holding
- A refined personal relationship with stillness and self-care
- Educational materials and frameworks to support continued learning
- A Yoga Alliance–recognised 100-hour Yin & Yoga Nidra certification
- A grounded, sustainable approach to teaching that aligns with your values

YOUR HOSTS

We, Neel and Jelix, met in Goa at the end of 2023 and immediately clicked on a human and energy level.

Our comprehensive expertise spans multiple yoga disciplines. Our specialised therapeutic approach and integrated Ayurvedic principles create transformative healing experiences.

Neel lives for Vipassana. She started teaching yoga classes alongside her academic career before fully converting to being a yoga teacher and training future teachers in TTCs. Her passion for yoga is one she loves transmitting to students and also helping people through her Yoga Therapy sessions.

Jelix and yoga were not always a love story. It took a world trip ending in India with a month-long stay in an Ashram for her to start changing that idea. Her path to finding inner peace has not always been simple and she therefore has a real desire to share with others all that yoga – in the large sense of the word – has brought to her.

DAILY SCHEDULE

06:30 – 09:30 Morning Practice (3h00)

09:30 – 10:30 Breakfast

10:30 – 13:00 Theory & Education Block (2h30)

13:00 – 14:00 Lunch

14:00 – 15:30 Integration & Self-Study (1h30)

15:30 – 15:45 Tea Break

15:45 – 18:15 Teaching Practice & Methodology (2h30)

18:15 – 19:30 Dinner

19:30 – 20:30 Evening Integration Session (1h00)

PRICING

PRIVATE COTTAGE
(Sngle Occupancy)

€1400 pp

(Early Bird: €1200 pp)*

PRIVATE SHARES COTTAGE
(Twin beds or double beds)

€1200 pp

(Early Bird: €1050 pp)*

DUPLEX COTTAGE
(sleeps 4, twin beds or double beds)

€1000 pp

(Early Bird: €870 pp)*

***Early Bird prices are limited to the first 5 bookings and available until October 2026.**

CONTACT & BOOKINGS

For all bookings and enquiries:

+91 75594 480557

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