



Professional Bio

Sheila Cullen is a Yoga Nidra instructor and teacher based in Toronto, Ontario. Her work explores the power of quiet in movement, yoga and meditation. She offers classes, workshops, retreats and teacher training in Toronto and around the world.

Sheila's work integrates Eastern and Western approaches to healing, bridging ancient mysticism and modern neuroscience for healing and wellness. She has a background in both science and the arts, and also works as a respiratory therapist at a large urban trauma centre.

Sheila has been practicing, studying and teaching Yoga Nidra for over a 15 years, and has been living and practicing yoga for over 30 years. She holds both an Applied Science degree as well as a degree in Fine Art. She has studied Hatha, Yin, Restorative and Yoga Nidra extensively.

Sheila is passionate about sharing the practice of Yoga Nidra with others. From the depth of her own personal practice and study, she creates a compassionate atmosphere that nourishes the body, mind, heart and spirit of her students and as a result a deep and desired connection and community with her fellow earth school travelers.

What is Yoga Nidra?

Yoga Nidra is a unique form of guided meditation –most often practiced in a lying down position. Yoga Nidra utilizes both the latest research in neuroplasticity and the teachings of the ancient and wise sages. It a unique combination of deep relaxation and alert awareness - that rejuvenates and renews both the physical body and the mind. As the body rests, you are guided through eight stages of relaxation. Your brain rhythms slow down, entering the theta state, where you drop into deep release and silence.

It is here that you simultaneously access the power of the logical left brain and the intuitive, insightful right brain. Your sympathetic and parasympathetic nervous systems move into alignment to restore the body and mind to homeostasis.

This is a state of oneness, where you can tap into the creative powers that lay beyond the ego-mind and have access to healing on a physical, mental and emotional plane.

Give yourself permission to attend if you are challenged by: insomnia, anxiety, “runaway train” mind, chronic fatigue, challenged by stillness, overwork, creative block, etc...in other words every human being that walks the path of earth school. Be curious!