

100 hour Restorative Yoga and Meditation Teacher Training

Course Content, Fundamentals 1 (25 hours)

Teacher: Veda Ela - Yoga Alliance Certified

www.vedaelayoga.com

Introduction to Restorative yoga

- How Restorative Yoga was developed
- Restorative Yoga as a counter cultural yoga practice
- Restorative Yoga as the practice of "Being"
- The Benefits of RY and how to apply them to daily life
- The pillars of Restorative Yoga
- The practice of RY and the 8 limbs in the Patanjali's Yoga Sutra

Restorative Yoga floor orientated poses and Yin Yoga Poses

- Description and daily practice: Forward bends, back bends, twists, side bends, inversions
- Own practice and its understanding by the body mind system

The use of "props" in Restorative Yoga and its modifications

- Understanding of the use of props in RY

- The use of props adapted to different body structures and needs
- The use of props as a "message" to the nervous system

Breathing exercises in a Restorative Yoga practice to support the holding of the poses and the cleansing process

- Pranayama during the practice of RY
- "Sigh" breath and its benefits
- Anxiety, stress and the practice of "Sigh" breath

Mindfulness the meaning of letting go during the Restorative Yoga poses

- Theory and practice of Mindfulness
- The meaning of letting go
- The connection of Mindfulness & letting go in the practice of Restorative Yoga

Meditation and Meditation techniques

- Differences in Meditation and Meditation techniques
- Meditation within the context of the 8 limbs in the Patanjali's Yoga Sutras
- Learning and practice of different techniques of passive and active meditations * The benefits of Meditation
- Own meditation practice
- Meditation techniques suitable for different personalities

Mandatory reading

- "The Yoga Sutras of Patanjali - Translation and Commentary by Sri Swami Satchi- dananda"
- "Relax & Renew: Restful Yoga for Stressful Times" by Judith Hanson Lasater
- "The Orange Book" by Osho
- "Meditations from the Mat: Daily Reflections on the Path of Yoga" by Rolf Gates & Katrina Kenison