

Restorative Yoga and Meditation Teacher Training - 100 hours

Content Fundamentals 3 (25 hours)

Teacher: Veda Ela - Yoga Alliance Certified

www.vedaelayoga.com

Fundamentals 3 (25 hours)

- **Review of Contents Fundamentals 2**
- **Restorative Yoga and Yin Yoga poses**
 - * Description and daily practice: Forward bends, back bends, twists, side bends, inversions and their modifications
 - * Own practice and its understanding by the body mind system
- **The use of music during a yoga practice**
 - * The effect of music
 - * Setting the tone of a class using music
 - * The use of music in a RY class
 - * The use of music in your own practice
 - * The use of music in Yoga and its controversies
 - * Practicing and sharing a RY class with music
 - * The use of music in a Meditation practice and RY class
- **Observing other teachers in Restorative Yoga and Meditation classes**
 - * The Art of receiving and giving feedback
 - * Constructive comments and supporting others to hold space

- * Creating classes and teaching to a group
- * Guidelines and preparing a RY class
- **Healthy Lifestyle: Restoring and re-setting the body into its natural ways of healing**
 - * Taking responsibility for your health as a yoga teacher
 - * Having a balanced lifestyle as a responsibility as a yoga teacher
 - * Yoga as a lifestyle
 - * Yoga off the mat

Recommended books

- Watch the documentary: “(Official Movie) THRIVE: What On Earth Will It Take?”
- A book of the participant’s choice on Meditation techniques
- “Eating for Beauty” by David Wolfe
- “Chakras & the Archetypes. Uniting Energy Awareness & Spiritual Growth” by Ambika Wauters