

Restorative Yoga and Meditation Teacher Training - 100 hours

Content Fundamentals 1 (25 hours)

Teacher: Veda Ela - Yoga Alliance Certified

www.vedaelayoga.com

Fundamentals 1 (25 hours)

- **Introduction to Restorative yoga**
 - * How Restorative Yoga was developed
 - * Restorative Yoga as a counter cultural yoga practice
 - * RY 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 RY poses**
 - * Theory and practice of Mindfulness
 - * The meaning of letting go
 - * The connection of Mindfulness & letting go in the practice of RY
- **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

Recommended books

- “The Yoga Sutras of Patanjali - Translation and Commentary by Sri Swami Satchidananda”
- “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