

Restorative Yoga and Meditation Teacher Training - 100 hours

Content Fundamentals 2 (25 hours)

Teacher: Veda Ela - Yoga Alliance Certified

www.vedaelayoga.com

Fundamentals 2 (25 hours)

- **Review of Contents Fundamentals 1**
 - * How Restorative Yoga was developed

- **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

- **Visualization: Directing the power of the Mind towards healing and wholeness**
 - * The thoughts as creative forces
 - * Activating the intuitive force that lies within you
 - * The subconscious mind
 - * Visualization: technique and practice
 - * Yoga Nidra and its practice in RY

- **Exercises of Self-Inquiry: Working with the Zen koan “Who Am I?”**
 - * The Self-Inquiry method: Practice and Purpose of Self-Inquiry
 - * The Life changing question “Who Am I”

- **Alignment & yoga Adjusting through touch in Restorative Yoga**
 - * Introduction to mindful touch
 - * Adjusting in RY: the difference with other styles of Yoga
 - * Intuitive touch and adjustments
 - * When to adjust and how to approach the student/client
 - * Guiding adjustment as an alternative to “hands-on”
 - * Using props to assist instead of “hands-on”
 - * Knowing your self: main tool for kind touch and “hands on”

- **Practicing & developing teaching skills**
 - * Verbal instructions and tone of voice
 - * Guidelines toward focus and attention

Recommended books

- “Relax & Renew: Restful Yoga for Stressful Times” by Judith Hanson Lasater (revision from Fundamentals 1)
- “Awakening the Spine” by Vanda Scaravelli
- “Yoga Nidra” by Swami Satyananda Saraswati
- A book on “mindful touch” from the student’s choice