

Restorative Yoga and Meditation Teacher Training - 100 hours

Content Fundamentals 4 (25 hours)

Teacher: Veda Ela - Yoga Alliance Certified

www.vedaelayoga.com

Fundamentals 4 (25 hours)

- **Review of Contents Fundamentals 3**
- **Practice of Yin Yoga asanas and Restorative Yoga Asanas**
 - * Each day includes asana practice, talks and Q&A.
- **General Anatomy in the practice of Yin and Restorative Yoga**
 - * Subtle and physical anatomy and physiology of the Yin and Restorative Yoga practice
 - * Meridian theory and the movement of “chi” or “prana” in the body
 - * The nervous system
 - * Relevant modifications, contraindications and adjustments in Yin and Restorative Yoga practice
- **Methods for Body Cleanse & Detoxing process**
 - * Body Detox for a clean energetic body
 - * How and why to do a Body Cleanse
 - * The detoxing process and its benefits for a yogi
 - * Natural healing foods and Super Foods to tune into higher vibrations
 - * The importance of a high vibrational diet and its connection with the yoga practice and a yogi's life

- * What foods are healing and how to adapt them to the specific environment
- * Creating the set-up to live in high vibration
- * Practical ways to support others to live in higher vibrations
- **Environmental awareness and the contribution of yoga teachers to a more kind and friendly planet**
 - * Proposals to contribute to an environmental friendly planet as a yoga teacher
 - * The path of “green yoga”
 - * The teaching of Yoga in different environments
- **Body movement and emotional release: from movement to stillness**
 - * Movement and dance as healing techniques
 - * Movement and dance as meditation techniques
 - * The skills of meditation, and the balancing nature of savasana and conscious relaxation
 - * The practice of active meditation techniques to support emotional release
- **Reflection and the practice of Silence and Meditation**
 - * Learning the practice of Silence and “non-doing”
 - * Incorporating Silence to your daily life
 - * What is a Silence retreat and its benefits in your everyday life
- **Main essential skills of a yoga teacher in the practice and teaching of Restorative Yoga**

Recommended books

- “Light on Yoga” by B.K.S. Iyengar
- “The Heart of Yoga. Developing a personal practice” by T.K.V. Disikachar

- “Yoga Mind, Body & Spirit” by Donna Farhi
- “The Complete Guide to Yin Yoga: The Philosophy and Practice of Yin Yoga” by Bernie Clark and Sarah Powers
- “Yin Yoga” by Paul Grilley
- “Insight Yoga” by Sarah Powers and Paul Grilley