

Restorative Yoga Teacher Training and Retreat Workshops

With Nora Benian of Yogaaah

March 17, 18, 24, 25 from 2-6pm

at Yoga Mamas 1402 Queen St E, Toronto, ON M4L 1C7



This 30 hour training (16 hrs in class and 14 hrs guided self study) offers guidance and practicum in setting up 25 restorative postures that can be integrated into existing yoga classes, healing treatments, or used to teach restorative specific classes.

Learn a full series of restorative postures through direct experience, practice teaching, feedback, and be able to teach 4 plus sequences of restorative poses to your students as well as incorporate them into your own practice.

Who will benefit from this training?

Yoga Instructors, health practitioners and yoga practitioners wishing to expand their knowledge and teach restorative yoga classes as an added feature to their class offerings as well as teach Restorative specific yoga classes. Receive Yoga Alliance CEU credits and a Restorative Yoga Certification.

You will learn:

- benefits of restorative yoga.
- asanas that naturally induce a state of relaxation and restoration
- effectively support the body in each posture with props
- support people with injuries, stress or chronic pain
- Restorative postures that can be effectively integrated into Yoga Classes
- Restorative Yoga as a stand alone practice- Four 90 min. sequences

You will be able to:

- improve your ability to see imbalances in the body more clearly and to use
- restorative poses to re-align, re-balance and restore the root of the imbalance.
- to set up 25 postures with available props and verbal cues
- assess support and comfort of your students

- to ease agitation and promote relaxation.
- suggest postures for particular therapeutic effects.
- explain the organic and emotional benefits of postures.
- develop an understanding of the healing process.
- improve your ability to heal yourself and to empower others to heal themselves.

This course offers Continuing Education Units – 30 CEUs Yoga Alliance

Options for participation:

1. 30 hour Teacher training

- 8 hours workshop experience assisting
- 8 hours theory, physiology, practicum
- 5 hours of Restorative Yoga classes with teachers in town, summarized
- 5 hours Practice teaching, summarized
- 4 hours self study with material, summarized

Includes Manual, video and Certificate of completion (CEU's)

Curriculum: Fridays learn proper set up and theory. Saturdays assist in 4 hr retreat workshops learning 4 sequences each designed for 90 min classes.

Fee: \$600 plus hst.

2. Partial Teacher Training (receive a certificate for completed hours)

Manual and video available for additional fee of \$100.

Fee is pro-rated to \$25/ hr

Registration required see email below

3. Workshops 4 or 8 hours

Dive deep into restorative relaxation and healing rest for 4 hours on one or both Saturday workshops. Come melt, unwind, breathe into hidden spaces and find your inner bliss!

March 18th and or 25th from 2-6pm.

Fee: \$80 a workshop or \$150 for both

Registration required see email below

To reserve your spot: send a 50% deposit through Paypal or email transfer to norabenian@mail.com

Remaining can be paid the same way or cash upon course commencement.

Commonly asked questions:

Will you include Pre-natal postures?

Yes, there will be specific poses that are ideal and safe during pregnancy and poses which not.

Do I need to be a yoga teacher to take this course?

Anyone in the healing professions, or a dedicated yoga student, yoga teacher in training or experienced yoga teacher would benefit from taking this course.

(There are workshop options for people who are lightly curious or want to enjoy the 4 hours immersion in Restorative yoga).

Is the Yoga teacher's 200hr certification a requirement for the restorative training?

To receive CEU's for Yoga Alliance and insurance to teach, YES!

BUT, you can still teach this practice to whomever you wish safely after this training as long as they do not require you to have yoga teachers insurance.

What are CEU's? and who with?

CEU stands for Continuing Education Unit. A CEU is a unit of credit equal to a certain number hours (differing with associations) of participation in an accredited program designed for professionals with certificates or licenses to practice various professions. These CEU's are approved by Yoga Alliance which is an association which accredits yoga teachers that have completed the 200 hour Yoga teacher Training. Teachers are required to advance their training yearly and must log additional training hours or CEU's to keep up with your membership standing.