

Online Restorative Yoga Teacher Training 25 hr

The Restorative Yoga Teacher Training is an experiential and fundamentals course designed to provide teachers with a foundation for teaching a safe and effective restorative yoga practice. This training offers simple yet powerful postures that can be integrated into yoga classes, healing treatments, or to teach restorative specific classes. Restorative Yoga is helpful in the treatment of nervous system disorders, such as insomnia, hypertension, anxiety, and also with specific ailments such as cancer, although it often used for structural re-alignment and the healing of injuries. Learn how to meet each student where they are, no matter the age or ability, and teach safe effective postures to heal the body and relax the mind.

During this 25 hour program, learn a full series of restorative postures, complemented with gentle stretching, breathing, and meditation. Through study of theory, direct experience, practice teaching, and feedback, you leave with the ability to confidently teach a primary series of restorative poses to your students as well as incorporate them into your own practice.

Who will benefit from this training?

Certified Yoga Instructors wishing to expand their knowledge of restorative Yoga, teach restorative yoga classes and add to their class offerings. 25 CEU credits with Yoga Alliance and a Restorative Yoga Certification.

You will learn:

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

You will have the ability to reach people who (not limited to):

- Have physical limitations
- Are recovering from injuries and illnesses experience stress
- Insomnia or fatigue, or are energetically drained
- Are aging to practice yoga

You will be able to:

- Improve your ability to see imbalances in the body more clearly
- 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

The Fundamentals of Teaching Restorative Yoga

- Basics of Restorative Yoga
- Understanding the Nervous System: Parasympathetic and Sympathetic.
- How Restorative Yoga Affects the Nervous System
- The well-propped pose: to prop or not to prop and why
- Stress related disorders caused by an imbalanced nervous system.
- Learn how traditional wisdom and scientific understanding can be blended into the
- Restorative Yoga Practice
- Restorative Yoga and the 5 senses. Exploring these concepts practically

Elements of Support

- The psychology of deep support.
- Restorative yoga and the emotions.
- The Mind and Restorative Yoga.
- A look at the teachings of the great masters
- Know proper support of the hands, knees, back, pelvis, arms, neck and chest in restorative poses.

- **Elements and Harmonies**

- The vayus: Prana and Apana. Using restorative Yoga to come into balance.
- Cooling & Heating/ Calming & Stimulating: understanding the basics of what each restorative pose does to various systems of the body.
- Ayurveda, Western Culture, The 3 doshas and Restorative Yoga.
- Calming &, Digesting: understanding the affect of deeply calming postures
- Restorative Savasana
- About Yoga Nidra

Requirements to receive certificate

- 22.5 hours of video recorded classes you can watch, take notes and ask questions about the postures, theory and practice.
- 2.5 hours video (two 75 min) classes of you demonstrating the learned postures and teaching restorative sessions with your student/model(s). Basically your instruction, your sequencing, your verbal cues...
- A document that summarizes the sequence, the focus, and the result from feedback from students for both 75 minute classes. Please send to me at norabenian@icloud.com. You will receive feedback

I will send you the manual as soon as you sign up. I recommend you print out as well as store in your documents.

You will need:

2 cork blocks 4" high,

2 or 3 cotton or wool (non itchy) blankets 60" x80". Alternative are bath towels.

2 bolsters 1 rectangular and 1 cylindrical (approx. 6" in diameter) densely packed with cotton, firm but comfy. (Check www.Yogaaccessories.com)

1 hand towel

1 cotton strap (1.5" x 6") with "D" ring buckle (plastic, not metal).

1 eye pillow

1 sandbag approx. 5-10 pounds alternative is a ziplock bag filled with rice and placed in cotton fabric bag.

1 athletic tensor bandage approx. 3" wide or a stretchy scarf.

1 sturdy chair

a wall space approx. 6' x6'