

**100 hour Restorative Yoga and Meditation Teacher Training**

## **Course Content, Fundamentals 3 (25 hours)**

Teacher: Veda Ela - Yoga Alliance Certified

[www.vedaelayoga.com](http://www.vedaelayoga.com)

### **Review of Contents Fundamentals 2**

#### **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

#### **The use of music during a yoga practice**

- The effect of music
- Setting the tone of a class using music
- The use of music in a RY class
- The use of music in your own practice
- The use of music in Yoga and its controversies
- Practicing and sharing a RY class with music
- The use of music in a Meditation practice and RY class

## Observing other teachers in Restorative Yoga and Meditation classes

- The Art of receiving and giving feedback
- Constructive comments and supporting others to hold space
- Creating classes and teaching to a group
- Guidelines and preparing a RY class

## Healthy Lifestyle: Restoring and resetting the body into its natural ways of healing

- Taking responsibility for your health as a yoga teacher
- Having a balanced lifestyle as a responsibility as a yoga teacher
- Yoga as a lifestyle
- Yoga off the mat

## Mandatory reading

- Watch the documentary: "(Official Movie) THRIVE: What On Earth Will It Take?"
- A book of the participant's choice on Meditation techniques
- "Eating for Beauty" by David Wolfe
- "Chakras & the Archetypes. Uniting Energy Awareness & Spiritual Growth" by Ambika Wauters