

100 hour Restorative Yoga and Meditation Teacher Training

Course Content, Fundamentals 2 (25 hours)

Teacher: Veda Ela - Yoga Alliance Certified

www.vedaelayoga.com

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 yourself: main tool for kind touch and “hands on”

Practicing & developing teaching skills

- Verbal instructions and tone of voice
- Guidelines toward focus and attention

Mandatory reading

- “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