

Fundamentals 2 (25 hours) Contents

- Review of contents Fundamentals 1
- Restorative Yoga and Yin Yoga poses
- Description and daily practice: Forward bends, back bends, twists, side bends, inversions and their modifications
- Building your own daily practice
- Visualization: Directing the power of the mind towards healing and wholeness
- Affirmations
- The subconscious mind
- Yoga Nidra
- Exercises of self-Inquiry: Working with the Zen koan "Who Am I?"
- Alignment & adjusting through touch in Restorative Yoga
- Practicing & developing teaching skills
- Practices that will help you to relax in front of a group of the students/clients
- Assisting
- Mandatory reading