

Fundamentals 3 (25 hours) Contents

- Review of contents in Fundamentals 2
- Practice of Yin Yoga asanas and Restorative Yoga asanas
- Each day includes asana practice, talks and Q & A
- General anatomy in the practice of Yin and Restorative Yoga
- What is Fascia and why it is important in the practice of Restorative Yoga?
- Meridian theory and the movement of "chi" or "prana" in the body
- The chakra centers
- The nervous system
- Methods for body cleanse & detoxing
- Living a high-vibration life
- Environmental awareness & the contribution of yoga teachers to a kinder and more sustainable planet
- Body movement and emotional release: From movement to stillness
- Reflection, silence and meditation
- Mandatory reading