

Fundamentals 4 (25 hours) Contents:

- * Review of Contents Fundamentals 3
- * Restorative and Yin Yoga Poses
- * Description and daily practice: Forward bends, back bends, twists, side bends, inversions and their modifications
- * Building your own daily practice
- * The effects of music
- * The use of music during a yoga practice
- * The use of music in Yoga and its controversies during RY and Meditation
- * Observing other teachers in Restorative Yoga and Meditation classes
- * The Art of receiving and giving feedback
- * Guidelines for preparing a RY class
- * Creating classes and teaching to a group
- * Healthy Lifestyle: Restoring and resetting the body into its natural ways of healing
- * Maintaining a balanced lifestyle as a yoga teacher
- * Yoga as a lifestyle
- * Yoga off the mat
- * Mandatory reading