

50 Restorative Yoga Intensive Teacher Training Course May 16 to 23, 2022

In this program you will understand the nature of restorative yoga which is a beautiful and deep practice that allows the students to use gentle yoga postures with the aid of yoga props such as bolsters, blocks, blankets, belts and chairs. The practice can be done in a group session or as an individual class. It can be also tailored to the needs of the client as well as learning the use of everyday home objects such as blankets, pillows and cushions as props. The support given in all asanas allows the student to (as the word says) "restore" or reset the body, mind and spirit.

Course Objectives

- To give the teacher the tools to be able to conduct individual & group restorative yoga classes.
- To understand the benefits of restorative yoga, in a physical, mental and spiritual level.
- To provide the participant the tools to work with general classes as well as with populations that may have common diseases and challenges on physical as well as psychological levels.

What is Restorative Yoga

Restorative yoga is a gentle practice that is all about resting, winding down, learning to stop and allowing the body to open through passive and supported stretching. It is suitable for practitioners of all levels. This practice of deep relaxation emphasizes in an effortless and meditative practice which helps the body/mind system come to a state of relaxation and ease. Restorative yoga relaxes the physical body and gives a gentle/passive stretch. Postures can be held from 3, 5 up to 20 minutes. The practice deepens one's meditative state, one's creative process and aids self-awareness.

Benefits of Restorative Yoga

- Enhances respiratory & cardiovascular function.
- Helps reduce stress, anxiety, and depression.
- Improves quality of sleep and outlook in life.
- Is a good resource for pain management for those suffering with chronic diseases.
- Can be practiced in all stages of life, helps improve all other yogic practices.

COURSE CONTENT

MODULE I - THE BREATH & THE ASANAS & THE SEQUENCES

1. GENERAL PRANAYAMAS

- 1.1. Breath Awareness
- 1.2. Abdominal Breathing
- 1.3. Full Yogic Breath
- 1.4. Breath with Pause
- 1.5. Alternate Nostril Breathing
- 1.6. Cooling Breath

2. THE ASANAS

- 2.1. Hand to Feet Pose I, II & III
- 2.2. Neck Stretches
- 2.3. Cat Cow
- 2.4. Downward Facing Dog
- 2.5. Seated Twists
- 2.6. Shoulder and Arm Stretches
- 2.7. Bridge Poses & Variations
- 2.8. Supported Bound Angle Pose
- 2.9. Supine & Supine Twisting Poses
- 2.10. Childs Pose
- 2.11. Forward Bending Poses
- 2.12. Pigeon Pose
- 2.13. Legs up the Wall

3. THE SEQUENCES

- 3.1. Sequences for Upper Body, Lower Body & Hips
- 3.2. Sequences for Lower Back Pain & Sciatica
- 3.3. Sequences for Respiratory Difficulties
- 3.4. Sequences for Mental Health (Depression, Anxiety, Stress)
- 3.5. Sequences for Digestive Disorders
- 3.6. Sequences for Neurological Disorders (Stroke, High Blood Pressure, Alzheimers, Parkinson's)
- 3.7. Sequences for Women's Health (Menopause, Pregnancy)
- 3.8. Sequences for Insomnia, Headaches, Cancer, Osteoporosis.

MODULE II - TO APPLY SOUND HEALING TO RESTORATIVE ASANAS AND ENERGY CENTERS

1. The Asanas

- 1.1. Salamba Matsysanasa - Supported Fish Pose
- 1.2. Salamba Viparita Dandasana - Supported Inverted Staff Pose
- 1.3. Viparita Karani - Unsupported Inverted Pose
- 1.4. Salamba Setubandhasana - Supported Bridge Pose
- 1.5. Salamba Shashankasana - Supported Hare's Pose
- 1.6. Salamba Asthanga Namaskarasana- Supported 8 Point Salute Pose
- 1.7. Salamba Upavista Konasana - Supported Seated Angle Pose
- 1.8. Salamba Adho Mukha Swastikasana - Supported Easy Crossed Legged Pose
- 1.9. Salamba Viparita Karani - Supported Inverted Staff Pose
- 1.10. Salamba Mandukhasana - Supported Frog Pose
- 1.11. Savasana - Corpse Pose

2. Final Notes
3. Bibliography



Modules I & II are inclusive of:

- Course Tuition & Manuals. Digital Books for reading assignments.
- Accommodation for a week. Arrival May 27, 2022, departure June 3rd, 2022.
- Breakfast & Lunch are Included, food is served at ocean front restaurant 3 min walk from Inner Heart Holistic Institute Housing & Yoga Shala. Herbal tea all day.
- 50 Hour Certification from Inner Heart Yoga & Holistic Institute as well as from Yoga Alliance Continuous Education (YACEP).
- Twin Shared accommodation with attached bathroom. Single Accommodation available upon request. Kindly add 100 Euro/week.

Course Schedule

Arrival: Friday May 16, 2022*

- Check in from 11 am onwards
- 4:30 pm - 5:30 pm Restorative Yoga
- 5:30 pm - 6:15 pm Orientation & Welcome
- 6:15 pm - 6:45 pm Sunset Meditation

May 17th to May 22, 2022

- 7:00 am - 8:30 am Restorative Yoga Practice
- 8:30 am - 10:00 am Breakfast @ Blue Water
- 10:00 am - 1:30 pm Sound Healing Theory & Practice*
- 1:30 pm - 2:30 pm Lunch @ Blue Water
- 2:30 pm - 4:00 pm Study & Practice Time
- 4:00 pm - 6:30 pm Sound Healing Theory & Practice*
- 6:30 pm - 7:00 pm Meditation
- *Short 15 min break in each session.

Departure: Saturday May 23rd, 2022

- 7:00 am - 9:00 am Yoga Practice & Certification
- 9:00 am - 10 am Breakfast @ Blue Water
- Check out from 11 am to 2 pm. (no need to check out if you are staying for another program)

Course Fees

- Early bird Price Before May 7th, 2022: 600 Euro per person
- Course Deposit: 250 USD before May 8th, 2022.
- Price from May 8 to 16th, 2022: 650 Euro per person.

Course fee does not include instruments, transportation to/from the studio or any other additional expenses.

