

100 hour Restorative Yoga and Meditation Teacher Training

Course Content, Fundamentals 4 (25 hours)

Teacher: Veda Ela - Yoga Alliance Certified

www.vedaelayoga.com

Review of Contents Fundamentals 3

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

- Subtle and physical anatomy and physiology of the Yin and Restorative Yoga practice
- Meridian theory and the movement of "chi" or "prana" in the body
- The nervous system
- Relevant modifications, contraindications and adjustments in Yin and Restorative Yoga practice

Methods for Body Cleanse & Detoxing process

- Body Detox for a clean energetic body
- How and why to do a Body Cleanse
- The detoxing process and its benefits for a yogi
- Natural healing foods and superfoods to tune into higher vibrations
- The importance of a high vibrational diet and its connection with the yoga practice and a yogi's life
- What foods are healing and how to adapt them to the specific environment
- Creating the set-up to live in high vibration
- Practical ways to support others to live in higher vibrations

Environmental awareness and the contribution of yoga teachers to a more kind and friendly planet

- Proposals to contribute to an environmental friendly planet as a yoga teacher
- The path of "green yoga"
- The teaching of Yoga in different environments

Body movement and emotional release: from movement to stillness

- Movement and dance as healing techniques
- Movement and dance as meditation techniques

- The skills of meditation, and the balancing nature of Śavāsana and conscious relaxation
- The practice of active meditation techniques to support emotional release

Reflection and the practice of Silence and Meditation

- Learning the practice of Silence and “non-doing”
- Incorporating Silence to your daily life
- What is a Silence retreat and its benefits in your everyday life

Main essential skills of a yoga teacher in the practice and teaching of Restorative Yoga

Mandatory reading

- “Light on Yoga” by B.K.S. Iyengar
- “The Heart of Yoga. Developing a personal practice” by T.K.V. Desikachar
- “Yoga Mind, Body & Spirit” by Donna Farhi
- “The Complete Guide to Yin Yoga: The Philosophy and Practice of Yin Yoga” by Bernie Clark and Sarah Powers
- “Yin Yoga” by Paul Grilley
- “Insight Yoga” by Sarah Powers and Paul Grilley