

50-hr Cross Disciplinary

Restorative Yoga

Technique, Training and Practice **22 hours**

Asana technique for restorative sequences to restore balance and equilibrium

Asana technique for restorative twists, forward bends, hip openers, inversions and front extensions

Use of conscious breath work, meditations, mudras and mantras to prepare the subtle energy body, mind, & spirit for restoration

Indicators for use of specific restorative postures, specialized populations and when to modify postures

Restorative practices designed to align the chakras and energetic body

Structuring and sequencing a restorative experience

Self-care techniques and tools to help calm the nervous system and prepare for restorative experiences

Yoga for the Emotional body: Techniques for mild insomnia, anxiety and depressive states

Passive release techniques for injuries, chronic pain, and pain management

Designing and sequencing Earth Based restorative practices

Teaching Methodology **3 hours**

Small group exploration, discussion and experiential activities

Creating an inclusive and compassionate learning environment with sensitivity to unique student needs

Encouraging student creativity and self-expression

Effective communication, the lost art of listening and giving & receiving feedback

Anatomy and Physiology **5 hours**

Anatomy of relaxation; the physiological, physical, emotional and energetic response

Anatomy of Stress; the physiological, physical, emotional and energetic response

Anatomy of Pranayama and importance of breathwork in restorative practices

Structural and energetic alignment of the body/mind in restorative yoga

Philosophy **10 hours**

Theory of Relaxation

Theory of Pain management to move through sensations in the physical, emotional and spiritual body

The Art of Self Care and subtle ways to calm the Nervous System

Intention setting in Restorative practices

Swadhyaya: Self-study and personal reflection on the impact of restorative practices

Earth Based philosophy; healing the body-mind-spirit through ancient earth wisdom

Professional and Ethical Practices

Practicum **6 hrs**

Practice teaching in small and larger groups

Design and teach restorative yoga experiences for specific populations

46 Contact hours/ 4 non-contact With Misty Lucas, RYT 200, RYT 1000 Candidate
Elective course for the 500 hour Cross-Disciplinary Yoga Teacher Training