

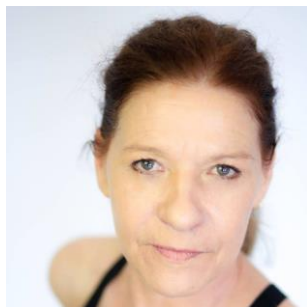


# Restorative Yoga Teacher Training

Sep 04, 2021 - Sep 05, 2021

mit Eva-Maria

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## Continuing education hours:

15 Contact Hours

3 Non-Contact Hours

## Educational Categories

Techniques, Training & Practice (TTP)

Teaching Methodology (TM)

Anatomy & Physiology (AP)

Yoga Philosophy, Lifestyle & Ethics (YPLE)

## Description

Restorative Yoga, a practice of conscious relaxation in selected and safely guided asanas, is a great tool for Yoga teachers (and all of us) to down-regulate our nervous system with tremendous effect on body, mind and soul. The practice of Restorative Yoga is exploring what already is within us. Restorative Yoga helps us to restore equanimity, balance, deep relaxation and to re-establish the timeless wisdom within us that supports us in facing and overcome stormy, challenging, and seemingly desperate circumstances.

The 18 hours Restorative Yoga Teacher Training and the tools provided throughout the course will enable the participants to create and safely teach down-regulating as well as up-regulating Restorative Yoga sequences for different students and occasions.



The following topics will be covered:

- Introduction: What is Yoga? What is Restorative Yoga?
- The mental and physical benefits of a restorative Yoga practice.
- Short history of Restorative Yoga.
- How to create and safely teach a Restorative Yoga sequence.
- Qualities of a (Restorative) Yoga teacher.
- The use of props & cueing.
- Philosophy and knowledge behind Restorative Yoga.
- Anatomy of stress and its impact on brain and body (the human nervous system, conditions of relaxation, the stress response etc.)
- Practice of different types of Restorative Yoga sequences.

The complete course will be taught in GERMAN!

It is designed for new and advanced Yoga teachers as well as e.g. health practitioners who want to offer this calming practice to their clients.

Location

Feelgood Studio

Feelgoodstudio, Paulanergasse, 1040 Vienna, Austria

<http://feelgoodstudio.at>

**Price: € 360,-**

BANKVERBINDUNG:

Dr. Eva-Maria Hinterwirth

Raiffeisenlandesbank Wien/NÖ

AT96 3200 0000 0109 6395

Additional Schedule Details

Saturday & Sunday, 10 am to 5:30 pm (1 hour break).

Additional Information

Trainees of this Restorative Yoga Teacher training will receive:

- a certificate of completion
- 18 hours Yoga Alliance continuing education for Registered Yoga Teachers
- a comprehensive manual
- templates for Restorative Yoga sequences

***Students that are enrolled in our Townhouse Yoga 300 hours Advanced multi-style Yoga Teacher training do not have to separately enroll in this course.***