

## Restorative Yoga Teacher Training - Course syllabus

### Day 1

- Welcome, introductions, meditation
- Restorative yoga, the nervous system and stress
- How Restorative Yoga builds emotional resilience and balance
- The conditions that Restorative Yoga supports
- Restorative yoga and yin yoga
- Yoga philosophy
- Yoga asana: going through each posture as a group and then in pairs - practice setting up
- Self-care
- Close

### Day 2

- Welcome
- How to teach - practical considerations and contraindications
- The use of adjustments
- Creating a relaxing environment
- Language and trauma sensitivity
- How to incorporate Restorative Yoga into a Hatha-based class
- Whether pranayama helpful or harmful in a restorative yoga class
- The use of silence in class
- What to do with students who are unable to settle
- Yoga asana: going through each posture as a group and then in pairs - practice setting up
- Continue going through postures
- Homework assignment
- Seated meditation / savasana
- Close

### Day 3

- Opening and welcome with meditation
- Yoga asana: going through each posture as a group and then in pairs - practice setting up
- Yoga asana: going through each posture as a group and then in pairs
- Feedback / closing thoughts
- Close

### Day 4

- Welcome
- Teaching in small groups
- Teaching in small groups
- Feedback / final thoughts
- Close