

Detailed Course Curriculum for 40 Hour Yoga Teacher Training

In the context of this course we will be studying the science of the nervous system as well as Ayurveda and many different postures in different variations.

Fundamentals

- Basics of Restorative Yoga
- Understanding the Nervous System: Parasympathetic and Sympathetic
- How Restorative Yoga Affects the Nervous System
- The well-propped pose: to prop or not to prop and why?
- Stress related disorders, and how they can be caused by an imbalanced nervous system
- Understanding the role of traditional wisdom and scientific understanding as it informs the Restorative Yoga Practice
- Restorative Yoga and the 5 senses. Exploring these concepts practically through practice

Elements of Support and Adjustments

- The psychology of deep support
- The pranās and their relationship to Restorative Yoga
- The role of mindfulness in the Restorative Yoga practice
- A detailed look at proper support of the hands, knees, back, pelvis, arms, pelvis, and neck in Savasana and elevated chest pose
- Use of blankets to move and support of the body
- The art of touch
- Adjustments with blankets
- Stimulating the parasympathetic nervous system with either props or adjustments
- Use of weights, sandbags, smaller seed bag weights

Traditional Wisdom

- The vāyus and their relationship to Restorative Yoga
- Cooling and Heating/ Calming and Stimulating: understanding the basics of what each restorative does to various systems and parts of the body according to traditional wisdom
- A detailed beginning exploration of these concepts through Setu Bandha Sarvangasana and Supta Baddha Konasana
- Ayurveda, Western Culture and Restorative Yoga: The three doshas and how they relate to Restorative Yoga

Digestion

- Understanding the effect of these poses on the full digestive system

Breathing, Soothing, Lungs and Liver

- Supported Shoulderstand
- Supta Paschimottanasana and adjustments

- Closing and opening the lungs with blocks
- Restorative twists
- The emotion of anger. Restoratives for the liver – healing stagnation, or invigorating. Restoratives for Pitta Imbalances

Pelvis and Lower Back

- Grounding the femurs and balancing the pelvis
- Restorative variations on grounding the pelvis, and healing the back
- Sandbags
- Using pillars
- Setup bandha Sarvangasana variation with bent knees, and sandbag
- Supine Balasana

Women, Men, Intersex: Prostate, Menses and Menopause

- Menses: an irregular or painful Moon Cycle/ PMS
- Poses for prostate
- Poses for menopause
- Supta Baddha Konasana with 3 variations
- Elevated blocks pose
- Heart and high blood pressure: specific techniques

Pregnancy, Fertility, Sides and Hips

- Supported Janu Sirsasana
- Supported Pigeon
- Restorative Yoga for pregnancy and fertility. Restorative side stretches. Restorative side lying poses for scoliosis
- Restorative Yoga and pregnancy – stages of pregnancy, what to avoid, and when
- Side Lying Savasana
- Supine Virasana and variations

Kidneys, Heart, Joints and Depression

- Restoratives for kidneys and heart
- Restoratives for depression/ Kapha imbalances
- Understanding and modifying for specific injuries
- Teaching Restorative Yoga with case studies
- Stimulating Restoratives: Restoratives for depression, kidneys and bladder
- Supporting various joint and structural injuries: specific issues and techniques

Emotions

- Soothing Anger
- Calming distress
- Comforting grief
- Awakening from dullness and depression
- Healing anxiety
- Being present to the emotions in a restorative practice

Sequencing

- The art of sequencing for classes
- Restorative Yoga and the four seasons
- Teaching for groups and individuals
- Bringing students to deep rest: ideal timing, atmosphere, reading the room
- Practice Teaching: Gaining confidence with presenting the material