



Restorative Yoga & Relaxation Training Level 2

Workshop description: -

Restorative Yoga is a powerful practice that has profound healing potential which aids in reducing stress. This two-day programme explores the fundamentals of Relaxation, Meditation & Guided Imagery practices that assist with stress, burn out and fatigue which often leads to anxiety, depression and poor health. Level two will cover the Restorative poses needed for Relaxation and developing balanced breath control along with Guided Imagery in depth, it will include practical and diverse training.

The course is all about the practices associated with Yoga Nidra/Relaxation as a healing and transformative practice of *swadyaya (self-study)*, *pratyahara (sense withdrawal)*, *dharana (concentration)* and *dhyana (meditation)*. It addresses the therapeutic use of Yoga Nidra for healing and deep relaxation, as well as spiritual and personal growth by accessing and developing creativity and intuitive wisdom.

On completion you will be able to present up to a 30 min session & one-hour session using Yoga Nidra/Body Scan and various forms of Guided Imagery/ you will also be able to access a person's breathing, set up a personalised program to assist with incorrect breathing patterns.

You will also learn how to incorporate specific breathing practices to encourage and restore energy levels in the body including the therapeutic applications: - You will learn how to identify an incorrect Breathing pattern and how it can be changed and explored as well as investigating difficulties with breathing in general.

However, any part of the program can be taught on its own according to the context and circumstances of individuals, teachers and their students or clients, family, friends.

The training in level two will cover:

- how to set up key relaxation poses for classes, privates, and home practice
 - benefits and contraindications of key relaxation positions
 - Use of Mudra (hand positions)
 - integrating specific Yogic breath techniques
 - mindful approach to life.
 - Using Affirmations & Imagery
 - Practice teaching small groups and individuals
 - Developing Relaxation scripts
 - Exploring – How do I breathe
 - hands-on adjustments using fascial release
 - energetic healing and intent
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- to use Yoga Nidra safely, creatively and appropriately, in a class situation and for one-to-one sessions.
 - Adrenal exhaustion – symptoms & recovery

Who can take this course: -? (no pre requisites)

This training is available for people who want to use the practices of Yoga Nidra & Relaxation, mindfulness to work with others or within their personal life such as.... Yoga teachers, yoga students, body workers, physical therapists, life coaches, nurses and health professionals in the field of body-mind-health. Or anyone interested in delving deeper into relaxation practices, meditation, guided visualisation and the therapeutic aspects of How we breathe and can learn how breath in itself can induce these states.

You do not have to be a Yoga Teacher, however you do require some experience or understanding of Yoga and or Meditation. Participants will learn how to teach various relaxation practises and how to incorporate this into a variety of settings: -

such as Yoga Classes Restorative Yoga Workshops, Meditation & Mindfulness, individually and in a therapy based environment. Students will learn how to apply relaxation for stress related conditions that lead to anxiety, depression, physical pain, asthma, high blood pressure, back & Neck issues, fatigue and burn out. The practices can be applied for healing more serious conditions also.

Restorative Yoga & Relaxation offer tools to enhance wellbeing. It is not a means to an end. The means can be used to achieve various goals. In this course we are attempting to give an overview of the wide and extensive sphere that Restorative Yoga & relaxation can be used as a therapeutic source for healing and transformation for personal use or in a group setting.

As stress and tension are reduced, healing & upliftment are encouraged for the person. The techniques can be used to bring about a fundamental change in the Physical, Mental and Spiritual improvement of one's life through mindfulness/inquiry/relaxation/meditation.

Yoga teachers and students love this training because they get to practice a lot of Restorative Yoga! They also get to feel what it's like to be nurtured and cared for in a Restorative class, to transform stress into stillness.

Your teacher Cathie McGill: - Enjoying fun on the Mat.

Cathie shares with you in this course, a wealth of her studies, practice and application of Yoga, body therapies and energetic healing since her own healing journey began in 1994. Entering into her 19th year of teaching Yoga & Meditation she has synergised a training course that is so much more than just Yoga. You can read more on the website. www.spiritofyoga.com.au



Dates to be advised April 2017.