



Restorative Yoga & Relaxation Level 1

Learn integrative Healing Tools: -

Restorative Yoga is a powerful practice that has profound healing potential which aids in reducing stress. This two-and-a-half-day programme explores the fundamental Restorative Yoga & Relaxation practices that assist with stress, burn out and fatigue which often leads to anxiety, depression and poor health. Level one will cover the Restorative poses in depth and Introduce you to Meditation and Relaxation, it will include practical and diverse training.

On completion you will be able to deliver up to a 90 min session in Restorative Yoga along with the basics of teaching contemplation to use for self- development.

However, any part of the program can be taught on its own according to the context and circumstances of individuals, teachers and thier students.

The training in level one will cover:

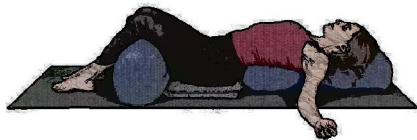
- how to use a variety of props to set up key restorative poses for classes, privates, and home practice
 - benefits and contraindications of key restorative poses
 - Use of Mudra (hand positions)
 - integrating specific Yogic breath techniques
 - Practice teaching small groups and individuals
 - hands-on adjustments using fascial release
 - integrating positions with breathwork and relaxation
 - class sequencing
 - healing
- Introduction Guided imagery with basic relaxation techniques.
 - Includes a basic manual



Who can take this course: -?

This training is available for people who want to use the practices of Yoga and 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 restorative yoga, relaxation and contemplation.

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 restorative yoga practises and how to incorporate this into asana group classes, individually and in a therapy based environment. Students will learn how to apply Yoga practises 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 or one on one.

As stress and tension are reduced, healing & upliftment are encouraged for the person. The technique's 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.

Teachers will be able to gain 25 CPD POINTS for this course.

Your teacher Cathie McGill: - Enjoying smiles 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.



**Dates: - All Dates are available on the website:
www.spiritofyoga.com.au**