

# 100 HOUR RESTORATIVE YTTC

## WHAT IS RESTORATIVE YOGA?

Inspired by the teachings of B.K.S. Iyengar, Restorative Yoga utilizes props such as blankets, bolsters, cushions, and straps to provide support, comfort, and stability, allowing each posture to be held for longer periods with ease. This practice encourages deep relaxation by activating the body's natural relaxation response, guiding practitioners into a state of profound rest and surrender—distinct from the sensation-focused stillness of Yin Yoga.

With the aid of props, the body can fully release tension, creating space for introspection and a deeper sense of well-being. Beyond its physical benefits, Restorative Yoga supports mental and emotional healing, enhances intuitive awareness, nurtures the heart-mind connection, and stimulates the parasympathetic nervous system. The result is a holistic experience of calm, restoration, and inner renewal.

## WHO CAN JOIN?

The 100-hour Restorative Yoga Teacher Training is open to **yoga teachers** seeking to expand their skills, **dedicated practitioners** wishing to deepen their understanding, **wellness professionals** wanting to incorporate Restorative Yoga into their practices, **and beginners** eager to explore its benefits. This training is also suitable for those looking to **refresh their knowledge** and renew their practice.

## PRANAYAMA AND MEDITATION

In this course, you will explore and practice a range of traditional breathing and meditation techniques designed to cultivate inner balance, clarity, and control over various aspects of life. Pranayama techniques covered include Surya and Chandra Bhedana, Ujjayi Breath, Sitkari, Sitali, Bhramari, Anulom Vilom, Kapalbhati, and Bhastrika. In addition, the meditation component includes Sthula Dhyana (Object Meditation), Jyoti Dhyana (Candle Flame Meditation), Sukshma Dhyana (Formless Meditation), Yoga Nidra, 7 Chakra Meditation, Trataka Meditation, Om Meditation, and Mind Sound Resonance Meditation, offering a deep and comprehensive experience of inner stillness and self-awareness.

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# TEACHING PRACTICE, METHODOLOGY, AND TECHNIQUE

## TEACHING PRACTICE IN YOUR YTT

In your teaching practice, you will focus on both Restorative and Hatha Yoga. Beginning on day five, you'll start by leading shorter Asana classes and gradually progress to teaching longer sessions of up to 45–90 minutes. Throughout the course, you'll receive constructive feedback from peers and instructors to help refine your skills in hands-on adjustments, voice projection, and class management.

You'll also learn how to effectively plan and structure yoga classes, incorporating supportive props such as blankets, blocks, straps, and bolsters. Special attention will be given to proper head and neck support to ensure safety and comfort in each pose. You'll study 20 restorative asanas rooted in the Hatha tradition and learn to design personalised sessions aimed at managing stress and encouraging deep relaxation.

Additionally, the training covers essential topics such as injury management, safety protocols, and the business aspects of teaching yoga—equipping you with the tools and confidence to lead restorative classes with professionalism and care.

## ANATOMY & PHYSIOLOGY

In your training, you'll explore key body systems essential for yoga practice. This includes the muscular and skeletal systems, breath control through the respiratory system, and the nervous system's role in relaxation and stress management.

You'll examine the nervous system in depth, focusing on its importance in Restorative Yoga, states of sleep, and their effects on brainwaves and overall health. The course will also cover practical applications of Restorative Yoga for pregnancy, children, the elderly, and therapeutic use, highlighting how these practices can be tailored to different needs.

## PHILOSOPHY

- **Yoga Overview:** History, meaning, and lifestyle of yoga.
- **Four Paths of Yoga:** Jnana Yoga (knowledge), Raja Yoga (meditation), Bhakti Yoga (devotion), and Karma Yoga (action).
- **Ashtanga Yoga:** Study of the Ashtanga Yoga system and Patanjali's Yoga Sutras, including the eight limbs of Ashtanga Yoga.
- **Yogic Lifestyle:** Understanding the yogic way of life and its practices.
- **Obstacles and Solutions:** Identifying common challenges on the yoga path and strategies to overcome them.
- **Satsang and Sangha:** The importance of spiritual community and gathering.
- **Three Gunas:** Concepts of Satva (purity), Rajas (activity), and Tamas (inertia).
- **Ethics and Lifestyle:** Guidelines for ethical behavior and lifestyle for yoga practitioners and teachers.

# AYURVEDA: FOUNDATIONS AND KEY CONCEPTS (IN GOA ONLY)

- In our Ayurveda section, you'll explore the foundational principles of this ancient healing system, which focuses on balancing the body, mind, and spirit to promote overall well-being. Here's what you'll learn:
- **Basic Principles of Ayurveda:** Understand the core concepts of Ayurveda, including the three doshas (Vata, Pitta, and Kapha), and how they influence your physical and mental health.
- **Dosha Characteristics:** Learn about the unique qualities and functions of each dosha, and how they interact with your body's constitution and health.
- **Ayurvedic Diet and Nutrition:** Discover how to tailor your diet to balance your doshas, improve digestion, and enhance vitality through the consumption of foods and herbs suited to your unique constitution.
- **Daily Routines (Dinacharya):** Explore daily practices and routines recommended in Ayurveda to maintain balance and harmony in your life.
- **Seasonal Routines (Ritucharya):** Learn how to adjust your lifestyle and diet according to seasonal changes to support your body's natural rhythms and maintain equilibrium.
- **Cleansing and Detoxification (Panchakarma):** Gain insights into traditional cleansing methods that help remove toxins and rejuvenate the body and mind.
- **Herbal Remedies:** Get introduced to common Ayurvedic herbs and their therapeutic uses for promoting health and treating various conditions.

By grasping these fundamental concepts, you'll be equipped to incorporate Ayurvedic principles into your daily life, enhancing your overall health and well-being.

## HANDS-ON TRAINING

In the hands-on training, you will learn how to confidently guide Yin Yoga classes, lasting up to 90 minutes or less. You will be taught to lead both the class and individual asanas, including how to guide students with their eyes covered, using verbal cues to direct their practice. Each session has a specific goal, which you will work towards. Throughout the training, you will receive personalised guidance from our experienced yoga instructors.

You will also have the opportunity to practice teaching, give and receive constructive feedback, observe others while they teach, and assist students during classes led by your fellow trainees.

## TYPICAL DAILY SCHEDULE

**06:15 - 07:15**

Begin your day with pranayama, meditation & cleansing (Kriya)

**07:15 - 07:30**

Tea Break

**07:30 - 09:00**

Immerse yourself in the art of asana practice

**09:30 - 10:00**

Enjoy a serene, silent breakfast, nurturing both body and mind

**10:00 - 11:00**

Teaching Practice, Methodology, and Technique

**11:00 - 12:00**

Explore the intricacies of anatomy and physiology

**12:00 - 13:00**

Discover the connection between Yoga and Astrology.

**12:30 - 14:00**

Enjoy your deserved lunch

**14:00 - 15:00**

Engage in self-study, allowing time for personal reflection

**15:00 - 16:00**

Dive into the realm of philosophy

**16:00 - 17:30**

Return to the mat for another invigorating asana practice

**17:30 - 18:00**

Sunset

**18:00 - 19:00**

Meditation, mantra chanting, sound healing, kirtan, and more!

**19:00 - 20:00**

Rejuvenate with a nourishing dinner

**20:00 - 05:00**

Transition into a restful night's sleep

