

30-Hr Restorative Yoga Teacher Training

with Jovan Nikolic (E-RYT 500/YACEP) - Australia

Welcome to the AV108 Restorative Yoga Teacher Training Course.

If you want to learn Restorative Yoga so that you can guide students through gentle and healing yoga classes, then you're in the right place!

This course is a Yoga Alliance approved Continuing Education Program.

WHAT YOU WILL LEARN:

- Overview of Restorative Yoga
- Historical Background
- Principles of Restorative Yoga
- Anatomy and Physiology
- Understanding the Nervous System
- Stress Reduction and the Relaxation Response
- Foundational Restorative Yoga Poses - including step by step instructions, benefits, and contra-indications
- The Role of Props
- How to Create Affordable Props at Home
- How to Guide a Restorative Yoga Class
- How to Sequence a Restorative Yoga Class
- Verbal Cuing & Adjustments
- Restorative Yoga for Stress & Anxiety

WHAT YOU WILL GET:

- Training Kit Bag
- Restorative Yoga Workbook
- Pose Guide and Sequences
- Yoga Alliance Accredited Certificate

After the completion of this course, you will receive:

- An internationally recognized 30-Hour Continuing Education Certificate
- The skills, tools and knowledge to confidently and safely teach Restorative Yoga classes
- Access to the AV108 Yoga School Community of teachers
- Post training support

WHO THIS COURSE IS FOR?

- Complete beginners through to qualified yoga teachers
- Anybody with an interest in yoga
- Yoga teachers who would like to expand their skills and knowledge
- Health care professionals who want to provide the therapeutic benefits of restorative yoga to their clients

REQUIREMENTS:

- No previous experience required
- Basic understanding of English language
- An interest and desire to learn and grow
- Open to ALL levels

It is important to note, that a 200-hour yoga teacher training is NOT a requirement for this course. Also, this course cannot replace a 200-hour yoga teacher training certification course.