



RESTORATIVE YOGA TEACHER TRAINING

50-hrs training

The path of self-knowledge through the practice of
Restorative Yoga

Learn how to create space through complete passiveness

Become a Restorative yoga Teacher

This training is right for you!

Activity hours and rest hours must be balanced for mental clarity and resilience. Since health is balance, it is necessary to maintain a balance between activity and rest because the two must be in harmony.

This training is organized in a way to deepen the practice of restorative asana from a **somatic perspective**. It also includes the investigation of **breathing (pranayama techniques)**. This will help us to connect with the present moment and to release tensions step by step.

Restorative yoga postures are approached through **complete passiveness**. We begin to create space within the body using only the necessary muscular activity, thus gently restoring the structural and functional integrity.

In a restorative yoga session, we generally practice just a few postures and we spend **more time in the posture**. This helps us to be more attentive to the inner movement of the body, discovering the sensations that during this process will deeply relax the mind.

As we cannot transmit something if we have not practiced and experienced it ourselves, in this training you will acquire the necessary knowledge to design Restorative Yoga classes and workshops. You will be able to support your students with more confidence in the treatment of different physical and emotional difficulties.

We will use cushions, belts, blocks, etc. objects that will help us to organise the weight of the body to nourish the nervous system.

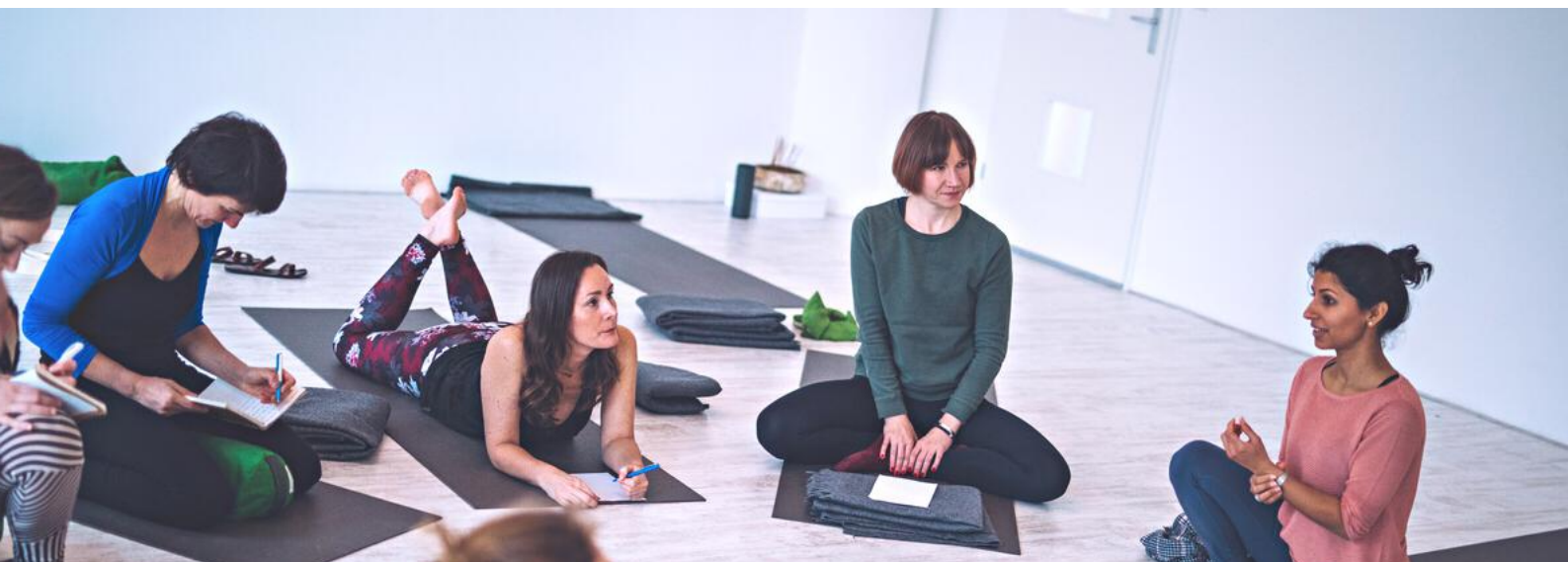
What you will learn

The aim of the restorative sessions is to guide each person to access a path of **self-knowledge** through the body.

Each session will provide new tools to reach inner well-being, to explore the body in an organic way, an experience of mindfulness, where the person begins to discover a new space of comfort and rest; a process that will slowly lead to a release of physical and psychological tensions through the liberation of the breath where the body will become the centre of a structural and cognitive reorganisation.

Restorative practice has an **inclusive approach**, we all need to rest. It brings immense benefits for children and adolescents with lack of concentration, it accompanies pregnant women in their gestation process, it allows adults who do intense physical activity to find a balance, and it also helps people with physical or psychological limitations, the elderly to have a better quality of life. It is especially recommended for people with depression, insomnia, stress, cognitive disorders.

In these times where we are receiving a lot of stimuli from the outside world, this practice becomes essential to recover our inner balance. Directing our energy inwards through the body as an instrument of attention will bring us health and vitality!



Curriculum

Module 1- Inner space

Recovering integrity:

The first step will be to learn how to regain structural integrity by releasing tensions in the joints. You will be invited to become more sensitive to the spaces of the joints through simple and repetitive movements. Through deep and thorough observation we will assimilate the physiological process (creation of new neuromuscular pathways) that takes place within the body. In this first module we will focus on supine postures exploring the relationship between head, thorax and pelvis and thus stimulating somatic and cognitive recalibration.

Module 2- Body awareness and connections

Fluidity and structural reorganisation:

In this module you will learn how to stabilise structural integrity by creating connections between body parts focusing on specific restorative postures. The weight of the body will be supported from the centre of the bones facilitating the reorganisation of the flow of energy which then contributes to the release of the breath. We will address restorative asanas that will allow us to recover the integrity of the spine (through twisting), essential to keep us physically and mentally healthy.

In the second module you will be guided to discover actions and impacts, cultivating discernment so that you can then truly assist in teaching.

Curriculum

Module 3-Research on Breathing

Bandhas:

In module three we will discover the deep muscles of the spine and their relationship to the breath by opening our attention to the interrelationship between body, mind and breath.

To do this we will approach breathing techniques (Pranayama), observing the internal movement of the breath, accessing the restorative forward bending asanas and opening to what is actually happening in each moment, exploring deep muscle activity.

In this module you will be invited to cultivate deep attention to create intimacy with the breath and the muscles involved in this process.

Module 4- Transforming the Quality of Attention

Meditation, awareness:

The possibility of transformation only arises when we are fully present in each moment. Opening and bringing the mind closer to what is happening in the body allows us the possibility to contemplate its internal movement, receiving the flow of thoughts, sensations and emotions.

In this module you will learn meditation techniques on the path of equanimity (Samatha) exploring the relationship with the senses.

Benefits

The great benefit of restorative yoga is deep relaxation. We allow the body to loosen layer by layer, to surrender to the supports that hold it, to access the deeper tissues, releasing tension and stress.

It is excellent for activating the parasympathetic nervous system, also known as the relaxation response, allowing the body to leave the state of fight or flight, giving it space to rest and digest.

The Restorative practice stimulates mental clarity and perception of how we relate to the outside world, it develops a state of greater equanimity which brings more calm, confidence, and joy.

- ✓ Increased concentration
- ✓ Improved digestion
- ✓ Improvement of sleep quality
- ✓ Increased breathing capacity
- ✓ Alkalinisation of blood
- ✓ Stabilisation of blood pressure and heart rate
- ✓ Improved immune system
- ✓ Physical and emotional relaxation



This training will provide you with

- ✓ Create intimacy with matter, the physical body
- ✓ Cultivating sensitivity
- ✓ Cultivating mindfulness
- ✓ Somatic and cognitive recalibration
- ✓ Sequence of practice
- ✓ Presentation and variations of postures in Vinyasakrama (step by step)
- ✓ Approach the body gradually, respecting its rhythms
- ✓ Investigate the relationship between actions and impacts
- ✓ Learning how to cultivate integrity in teaching
- ✓ Many Restorative Yoga Poses
- ✓ You will learn from experienced yoga teacher Liliana Nuño



For whom

This training is for anyone who wants to immerse themselves in the path of self-knowledge, yoga students and teachers, people involved in somatic education and movement, therapists, educators and health professionals. It is a useful experience whether your goal is to: deepen your personal practice, become a restorative yoga teacher.

This training is also recommend for professionals who use the body as a working tool: musicians, actors, singers, dancers and athletes, as it will allow to release habits of tension and thus ensure a more effective use of the voice, the practice of instruments or the movement of the body.



Study load and certificate

After completing the **Restorative Yoga Teacher Training** you have the necessary knowledge and skills to teach a Restorative Yoga class.

The study load for this training is 50 hours.

Contact hours: 8 days from 09.30 - 17.30hrs (32 contact hours)

Study load: 50 hours

Certificate

After completing this training you will receive the certificate 'Restorative Yoga Teacher Training (50hrs)'



Meet the trainer



LILIANA NUÑO

'Liliana Nuño is a Yoga teacher and Somatic researcher born in Argentina. She was a professional dancer, dance teacher and choreographer in Buenos Aires in the 90s. She has been studying and transmitting her experience in form of Hatha Yoga, based on equanimity, for over three decades. She practices Vipassana Meditation for more than thirteen years.

Her journey in yoga started in Argentina, simultaneously to her dance career, with the initial study of Hatha Yoga. She deepened her studies in Europe and India in various Hatha Yoga approaches – such as Viniyoga, Ashtanga Yoga, Dynamic Yoga and Iyengar Yoga – and in New York she started her somatic studies.

Liliana is a member of the International Association of Yoga Therapists (IAYT)



Contact

Do you have questions about this training?
Please feel free to contact us by e-mail or
telephone.

Tula Yogastudio's

e-mail: hello@tulayogastudios.nl

phone: 020-2044550

www.tulayogastudios.nl



Restorative Yoga Teacher Training 50hrs

Sign up via www.tulayogastudios.nl



tulA
Amsterdam