

Restorative Yoga Teacher Training Courses

A slow, supported practice, Restorative Yoga is the ideal opportunity to move consciously into the body. It benefits the Nervous, Respiratory, and Circulatory systems, and promotes healing and detoxification at an organic level.

Foundations of Teaching Restorative Yoga

Learn about:

July 22-25, 2010

- What defines Restorative Yoga
- The benefits of Restorative Yoga
- Physiology of stress and stress reduction
- Knowing and observing breath patterns
- Enhancing physical actions with the Breath
- Working with props and utilizing their maximum potential
- The basic Restorative poses—benefits, contraindications, and common obstacles
- Basic sequencing in a Restorative setting

Some familiarity with Restorative Yoga and the use of props required, and at least one year of regular yoga practice (any style)

Developing Restorative Yoga Teaching Skills

More deeply understand:

July 29-Aug 1, 2010

- The Diaphragms
- Seeing and evaluating physical capacity
- Modifying poses for different body types and capabilities
- Adapting your sequences
- Using Restorative to enhance active Asana practice
- Bridging Restorative and Pranayama
- Incorporating tools from other techniques
- Some Ayurvedic considerations

Foundations of Teaching Restorative Yoga recommended as a prerequisite. Those who took the first course with Michael in August of 2009 do not have to take Foundations.

Each Course \$350 before June 15, \$425 after

Register for both Courses for \$600 before June 15, or \$725 after

A Manual for both courses can be purchased for \$40

Michael Bridge Dickson:

Michael is steadily becoming the go-to guy for everything Restorative. He teaches popular Restorative Yoga classes here at AYM and at the YM/YWHA, and has given Teacher Training courses at both of these locations.

Michael has also written a book (not publicly available until September, 2010) on Restorative Yoga based on the Manual for these courses.

For more information on Michael, courses and classes, and his approach, visit Adaptive Yoga at www.adaptive-yoga.com

