

# Restorative Yoga & Yoga Nidra Wisdom Training Course Information - Spirit of Yoga TM



## Introduction:

Hello and welcome to exploring & sharing Restorative Yoga and Yoga Nidra

Your facilitator Cathie McGill and this training grew as she noticed a gap in modern Yoga classes and training that had been included & experienced during her training of 28 years of practice and now 24 years of teaching. During this time she observed and increase in stress related health issues with her students and private clients that drew her to develop this course in 2015 for Yoga Teachers and Therapists.

Coming from a remedial therapy background she became curious to the potent effects various subtler Yoga practices had on those who took time to engage and embody them. Many of her personal client's lives turned around, when they began to include breath, meditation and restorative Yoga practices.

Having grown from her own person struggles with complex trauma during the first 17years of life, Yoga's embodied approach has offered a grounding and anchor for those times when deep feelings from past events and various thought patterns emerge that can be at times difficult to navigate . She found that when her body and mind seemed to be working against each other the Restorative Practices offered an anchor and a sustainable support.

General Yoga is great for fitness and maintaining good health and wellbeing, but when our Nervous systems are in Hyper alert , although helpful they can also be part of our problem when it comes to "doing " too much and may even aid in what's known as Burnout. With the rising concern over health issues related to diseases of chronic fatigue, auto immune, Stress & trauma the simple practices of a restorative nature can dramatically heal and change not only our physical health but our mental/ emotional health and wellbeing.

The current course is registered with Yoga Australia and encompasses 50 hours, this can be taken as a full course or you can attend either the Foundation training or Yoga Nidra. The course can commence at any level. In 2020 there will be a new addition to the course – Restorative Therapeutics, adding active/passive stretching to increase the relaxation response and release tension, assist with spinal alignment .

If you are interested in finding out more please read below;



## What is Restorative Yoga Wisdom & Yoga Nidra:

Restorative yoga applies Classical Yoga Asanas that you may experience in a Yoga Class. These are enhanced with the use of specific props to hold the body comfortably in the same way you would hold it during an active class to achieve both a therapeutic outcome and a deep relaxation response, they initiate five fundamental qualities one being safety.

Its original birth was via the Iyengar Yoga method. What you will learn here is in part the set ups I learned, practiced and enhanced/changed from my training with Judith Lasater.

You will also learn to integrate the other areas of Yoga that is beyond the set ups which create a wholesome living platform to the practices and offers up alternative Restorative Tools while not on the mat.

Restorative Yoga and Yoga Nidra are both a Pratyahara and embodied practice which develops the mind-body connection towards balance and health. Approached via the mindfulness model of Non-Judgement – welcoming- invitational- sensory. Drawing upon the science of Body-Brain connection- proprioceptor and interoceptor models for a complete approach for both physical, emotional, mental and spiritual development.

Overall intention of this training resonates to the following:

Sublime Yoga Positions/Asanas are therapeutically aligned to bring maximum calm and stillness. Using various breath ratios and Guided visualisation through Deep body sensing you encounter interoception or body mindfulness, known as Embodiment. This transformative practice... think of it as the act of paying deep and curious attention to what's happening in the body from one moment to the next—without needing to change what we find. This special layer of attention makes our practice closer to mindfulness than exercise, which means that it is even more effective than exercise in the quest for emotional resilience, well-being, and boundary-building.

The full courses intention is to give a broad cover of Restorative Yoga as an Integrative, therapeutic practice where it is both supported and applied to private clients - individually, in groups or personally.

Incorporating Physical set ups – breath ratios- Hand mudra- Body sensing- Guided practices – Embodiment and interoception – Meditation – Visualisation.

The foundation training will cover and be taken over 3 days- The first one day attendance includes the foundation of an Embodied Rest Practice and comes complete with a Mini online Intro Course. The other two days is pure practical applications.

What is Restorative Yoga and its associated practices – including history and integrative approach for a broader community.

how to use a variety of props to set up key restorative positions for classes, privates, and home practice

Theory of the Nervous System and recent research into Using Yoga as an aid in Trauma, burn out and exhaustion

Science and practice of Embodiment

Physiology of Relaxation Response and Para Sympathetic NS

Embodiment & Interoception

benefits and contraindications of key restorative positions

Use of Mudra to enhance practice(hand positions)

Practice teaching small groups and individuals

hands-on enhancements

integrating positions with breathwork and relaxation

class sequencing

Introduction Body sensing with basic Body Sensing techniques.

Practical exam -Theory and Reflections including Yoga Philosophy (note only those who choose to take the assessment)



The New Yoga Nidra training is a combination of online theory and a practical two day attendance that is both live and streamed:

Yoga philosophy in relation to Yoga Nidra: Koshas

Stress and relaxation, response /Nervous system physiology

4 Restorative Savasana's/ Positions for complete rest

Sankalpa – Intention – Heartfelt desire: Creating affirmations for lasting change- setting, listening to inner guidance, creating and using sankalpa within Yoga Nidra and daily life

Pratyahara: The senses – The brain map

Nine phases of Yoga Nidra – Innate Wholeness

Visualizations: a range of different traditional and creative scripting options/guided meditations, contra- indications, appropriateness and therapeutic value

Therapeutic applications: values and limitations

Benefits - contraindications

Facilitate personal and group sessions

Tranquil and balancing breath ratios/pranayama: specific use of therapeutic breath applications to support stress, pain management etc., and to support

the practice of Deep Rest.

Assessment worksheet

Teaching Skills and practicing Yoga Nidra



**Costs:** Can be found online and vary due to their online components. There will also be an additional cost for the practical at home assessments the costs will be: \$75.00 to have your assignments assessed for Certification. This cost is to cover time taken to assess along with guidance on correct procedure and mentorship. Those not wanting to gain a certificate will not require this cost. It will be charged at the end of the training and the assessments will be sent out once payment received.

## Intended learning outcomes

Using props for various positions with a therapeutic focus/benefits with variations

Applying Breath practices & integrating Mudra

Science and philosophy of Yoga and the Nervous System

Create and deliver class sequences and individual practices with specific outcomes.

Teach with an informed sensitivity to the emotional and spiritual experiences of those receiving the practice, including Trauma sensitive language.

Teach a range of restorative yoga asanas/body positioning suitable for use during Yoga groups and individual sessions including Yoga Nidra practice.

Teach within the appropriate safety guidelines for this type of yoga practice

Understanding what you are teaching and why

Teaching practicals – on going support

Working in groups and with individuals

Contemplation/self-enquiry/journaling.

## Resources and teaching methods:-

Foundation course - Books / articles: set texts for the course are:- Judith Lasater: Relax and Renew/ Restore and Balance.

Yoga Nidra - Swami Satyananda & Richard Millers books *Yoga Nidra* and Martin I Rossman Guided Imagery for self-healing, all books are helpful texts for the course. The course also includes relevant extracts from other texts and a manual of practices.

Group practices, one on one practice set ups

A comprehensive training manual and online teaching supports such as PDF's and videos with all practices and scripts/ some handouts if required

Small group work:

Teaching practice: each student given opportunities to teach their scripts during Yoga Nidra. If accessing online you will be put into breakout rooms where you will have the opportunity to practice.;

In Studio attendance: the foundation and Yoga Nidra practicals + assessment is conducted in small group settings and are assessed on the day.

Sharing and de-briefing of own experiences

## Contact Hours – Foundation

(this has been slightly changed to accommodate the covid requirements)

The course requires 24 hours contact hours of group tuition, plus 6 hours of theory and reflection assignments – total 30 hours

## Contact Hours – Yoga Nidra (approximate)

The course includes 12 contact hours of group tuition, plus 8 hours of theory and journaling – total 20 hours

## Daily Schedule

Various start times for each course Saturday and Sunday each weekend, this retreat style training facilitates deep engagement with the practice and enables students to connect deeply with the application of Restorative Yoga & Yoga Nidra in daily life, taking this course is 'living' yoga. Hours and times will vary state to state depending on venue and availability- Online or in the studio

## Who is this course for?

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 via the portal of an embodied practice.

Participants will learn how to teach various restorative yoga practises and how to incorporate this into 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. As well as adjusting positioning for specific areas

Restorative Yoga & Relaxation offer tools to enhance wellbeing. Within the framework of this training 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, health 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 practical sessions are highly hands on as you will learn a significant amount practicing and setting up. (covid requirements will be in place until further notice. Please contact the school if you have any concerns of hands on training.)

All the practices 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 30/20/50 CPD POINTS for this course.



Your teacher Cathie McGill: -

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 and Yoga journey began in 1992. Entering her 24th year of teaching Yoga & Meditation she has synergised a training course that is so much more than only Yoga.

Contact us at: [www.spiritofyoga.com.au](http://www.spiritofyoga.com.au) – or [info@spiritofyoga.com.au](mailto:info@spiritofyoga.com.au)