



Restorative Yoga

Restorative Yoga is simply that - restorative. It is a gentle, still and restful practice that involves centering your breath and body to facilitate rest and restoration. It helps to align the physical and mental by practicing stillness, using props to help you comfortably hold the poses for long periods of time.

Learning Objectives of Restorative Yoga Certification:

- To equip qualified yoga instructors with a base of knowledge to integrate Restorative Yoga postures into their current class offerings.

Training Hours: 4 hr. in person workshop & 1 hr. mentoring & project evaluation/feedback

- 4 hrs. information on:
 - What is Stress?
 - The Need for Restorative Practices
 - Restorative Yoga History
 - How to incorporate Restorative Yoga into a fitness yoga environment
 - Props & Postures
- 1-2 hrs
 - Homework project to be evaluated by [BreatheMoveBe](#), feedback will be provided

Pre-requisite:

- Workshop participants will be required to hold a current fitness yoga certification recognized by SPRA.
- Minimum of 10 hours of Foundational Yoga instruction experience

Cost of Training: \$200.00 trainees will receive Restorative Yoga training materials – Recommended resource book: Relax and Renew by Judith Hanson Lasater