



RESTORATIVE YOGA TEACHER TRAINING

THE ART OF RESTING DEEPLY

Part 1, 25-28 August | Part 2, 21-24 October | Yoga Shala, Remuera

Join us for an in-depth 8 days of restorative yoga teacher training.

THE TEACHER TRAINING INCLUDES:

- The theory, practice and teaching of restorative yoga.
- Essential postures, and benefits.
- Skilful use of the restorative props.
- Skilful observation of an individual and a class.
- The principles and theory of creating Restorative Yoga sequences.
- The language of Restorative Yoga and of relaxation.
- How to teach Restorative Yoga and integrate restorative poses into your regular Yoga classes.
- The science behind Restorative Yoga.
- The fundamentals of Yoga Nidra.
- Anatomy and physiology of the Autonomic nervous system, with a particular focus on stress and the relaxation response.

- How the endocrine system and its glands function, with a particular focus on the adrenal glands.
- Relevant and in-depth yoga philosophy, through discussion and inquiry into traditional texts and teachings.

Students will be given an extensive manual which includes class plans.

THE TEACHERS:

Karla Brodie

Karla is an experienced and natural educator. She has taught and specialised in restorative yoga for 16 years, mentoring a number of young teachers in the 'art of rest'. She is an innovator, refining the practice of restorative yoga to the individual. Karla is passionate about resting and has seen over many years the transformative effects of restorative yoga with her students.

Neal Ghoshal

Neal is a skilled and experienced teacher of restorative yoga. He has taught restorative yoga since 2005 and has facilitated

restorative yoga retreats and teacher training internationally in New Zealand and in Australia. Neal regularly contributes articles and writings on restorative yoga and the art of teaching. He enjoys creating an inspiring, safe and inviting space in which to learn and discover the tradition and the evolution that is yoga.

Neal and Karla co-teach restorative yoga retreats and have both been part of the faculty on Donna Farhi's Advanced Yoga Teacher Training. Both Karla and Neal bring experience, enthusiasm and joy to sharing the art of restorative yoga.

Dyana Wells

Dyana has an insightful understanding of anatomy and physiology. She is passionate about the nervous system and its role in mental and physical well being. Her teaching includes current research that bridges contemporary and traditional yoga. She teaches yoga philosophy with a practical application to yoga practice and everyday life.

EARLY BIRD FULL MODULE \$1450: pay before 28 July | Full module \$1600 | \$500 deposit secures your place

For bookings and more information see www.yogateachertraining.nz or contact neal@yogateachertraining.nz



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