

# Restorative Yoga Teacher Training

Beverley Nolan and Tiffany Thorne have been training teachers in delivering Restorative Yoga between them since 2006. They are both enthusiastic advocates of the practice and offer studio classes and 121 sessions in Cambridge. Along with their depth of practical experience they bring unique insights: Beverley imbues her teaching with experiential anatomy and somatic education, while Tiffany illuminates the connections of the modern day practice with its roots in the far-history of yoga and tantra. Together they offer a unique combination of insights and experience.

Graduates from their previous courses are equipped and inspired to add Restorative classes to their existing schedules, to integrate postures into their regular classes, and find they have a practice that offers a new balance to their yoga workshops and retreats

## Contact, Study Hours & Accreditation

The course covers six units of study (see below) and represents a 60 hour training course registered with Yoga Alliance (International) as part of its Continuing Education Programme (YACEP).

- 36 contact teaching hours spread over the Units of Study described below (your lead
- teacher is registered with Yoga Alliance at E-RYT level)
- 12 hours of pre-course study involving reading and research
- 12 hours of self-practice and assignments between weekends

On completion of the course graduates will receive a YACEP Certificate of Completion confirming that you have met all the requirements of this course satisfactorily. This can be used as evidence of hours accrued for Continuing Education with Yoga Alliance (International). Hours *may* be recognised by other professional bodies, however participants should confirm specific requirements directly with their own professional body.

## Eligibility

This course is open to new and experienced teachers with a minimum 200h yoga teaching certificate from a reputable training organisation. You will be required to send a scan copy of your certificate at the time application.

# What will I be studying?

There are six Units of Study that are fully integrated in this course:

## **Unit 1: Anatomy & Physiology**

This will focus particularly on the immuno-neuroendocrine matrix and polyvagal theory and their relationship to stress and relaxation and to the musculoskeletal system and cardiovascular system. There will be theoretical study as well as experiential enquiries.

## **Unit 2: Restorative Yoga - the Fundamental Forms**

This will cover the principles of Restorative practice. There will be experiential practice of forms from the following categories: Supine, Prone, Lateral, Rotation, and Inversion.

## **Unit 3: Subtle Anatomy**

The pranic/chakra system model will be explored with particular attention to the concept of mudra, both body seals and hand seals, and sounding; the Panca Maya model will also be explored in relation to the nervous system (see Unit 1, above) and the practice of Yoga Nidra (see Unit 4, below)

## **Unit 4: Yoga Nidra**

The principles of creating and guiding a Yoga Nidra practice.

## **Unit 5: History & Philosophy**

The philosophical underpinnings of the practice of Restorative Yoga with regard to key terminology and concepts from the Yoga Sutras, Upanishads and Tantras to demonstrate the very ancient use of props and to investigate the substratum of Being. In addition, incorporating a review of techniques of applied Non-duality, ancient and modern. Practicum throughout.

## **Unit 6: Professional Practice**

How to construct a personal practice; how to construct a 60 minute class plan; how to integrate into existing classes. Ideas for workshops. How to manage prop-lite scenarios. Teaching techniques and methodologies.

## Dates & Costs

**Dates:** This 6 day course runs over 2 weekends and attendance is required *in full* to meet certification standards.

Friday-Saturday 23-25 February 2018 - 10.30-5.30

Friday- Saturday 23-25 March 2018 - 10.30-5.30

**Cost:** £550 if paying in full at the time of your booking.

£599 if paying a deposit and instalments as follows: £200 non-refundable deposit at time of booking, then £200 due 23 November 2017, and then £199 due 23 January 2018.

**Cancelations & Refunds:** If you cancel 90 days or more prior to the start date of the course your fees will be refunded less a non-refundable deposit of £200. If you cancel less that 90 days prior to the start date of the course payments are not refundable unless your place can be filled by someone on the waiting list. In this event your payments less the non-refundable deposits of £200 will be refunded.

Please see the FAQs for information about missed training days and costs related to submitting written work for remarking.

## Venue & Catering

The OM Yoga Studio in Northampton is a purpose built studio nestled at the foot of a walled garden away from the hubbub of the town. The studio is fully equipped and boasts underfloor heating. The studio has a separate space for eating together. Street parking is available nearby. Please check the website link below to see images and location.

<http://www.theomstudio.com/home.html>



# Your Tutors

## **Beverley Nolan**

**RSME/T, E-RYT500, IYN 500, BWY-RT**

I have been a yoga practitioner for quite some time and a teacher for 30 years. I draw on the principles of IBMT (Integrative Bodywork & Movement Therapy) and BodyMind Centering™ as well as the Feldenkrais approach to intelligent movement, so always expect attention to detail and a slow mindful approach to moving through your practice with me. My most significant teaching influence remains Donna Farhi.

I am registered with Yoga Alliance E-RYT500, IYN-500 & am BWY-RT. I am also registered at YACEP (YA Continuing Education Provider) which means I am able to offer CPD approved workshops. I am a faculty member of the Institute for Integrative Bodywork & Movement Therapy teaching in the UK and Russia, and Yoga United Education (Foundation in Yoga Therapy).



## **Tiffany Thorne**

**BWY-Dip, Sanskrit BA, MPhil (Cambridge)**

Tiffany studied Sanskrit at Cambridge and did research in Sanskrit epic there before applying her linguistic skills to yoga texts as she trained to become a Scaravelli inspired yoga teacher. She now brings in-depth knowledge of both texts and their contexts to teaching yoga philosophy for practitioners and yoga teachers, with the aim to empower and inspire their sourcing of this rich seam of yogic lore beyond what is normally offered on modern postural yoga trainings.

Expect an approach to asana practice that invites a process of undoing learned effort with a view to creating greater ease in the bodymind, as well as frequent referencing and unravelling of Sanskrit texts, particularly the Vijnanabhairava Tantra.



# FAQs

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## **Do I need to be a qualified yoga teacher to participate in this training?**

Yes. You must have at the very least a 200h Yoga Teaching certificate from a reputable training organisation. You will be required to provide a scan of your certificate at the time of your application.

## **Do I need to have previous experience of attending Restorative Yoga classes to apply for this training?**

No, you don't need to have direct experience of the practice. You will have the chance to experience sample classes on the course and be encouraged in your self-practice.

## **What's the best way to prepare for this training?**

Do try and go to some classes if you have not already (see previous question!). There is also a pre-course manual of relevant anatomy and physiology to read along with a short recommended reading list.

## **How much of my time will this course realistically take?**

Attendance at all 6 training day is non-negotiable. In addition there are:

- approximately 12 hours of pre-course study in the shape of reading
- approximately 12 hours of self-practice and written assignments to complete in the
- month between the training weekends.

## **Can I log this training as CPD hours?**

Yes, if you are registered with Yoga Alliance (International) you will accumulate 60 hours on successfully completing the attendance requirements and written assignments. Other professional bodies *may* also recognise your hours, but you should enquire direct with them to confirm.

## **What are the written assignments?**

There is self-practice diary to complete, a 60 minute draft lesson plan, and a marketing flyer/leaflet to design.

## **What will happen if I refer on any of the assignments?**

You will have an opportunity to resubmit any written work in consultation with your tutors. Your work will be remarked with a small fee of £25 per assignment re-submission.

# FAQs cont....

## **What subject matter will you cover in this course?**

The units of study include: Anatomy & Physiology, with particular attention to the immuno-neuroendocrine system, stress/relaxation response, and poly vagal theory and the relationship to the musculoskeletal and cardiorespiratory systems; the principles and practice of Restorative forms and pranayama; Subtle Anatomy, namely aspects of the Chakra system and the Panca Maya model of being; Yoga Nidra - principles and practice; History & Philosophy, namely the roots of supported practice in ancient texts; Professional practice including how to construct a well-rounded class or self-practice, teaching techniques and methodologies.

## **Do I need to bring any equipment with me?**

No. The studio is fully equipped but if you have a preference for using your own mat, bolster, blankets etc then please bring them along. They can be kept in the studio overnight.

## **What happens if I cannot attend one of the training days unexpectedly?**

You may choose to accept an Attendance Certificate stating the number of hours completed in lieu of your actual Certificate of Completion, or it may be possible for you to make up a missed day on a future course. Be aware that at the moment this course runs once annually. There would be an additional fee of £120 for each missed day that you make up on a future training.

## **What happens if I book onto the course but have to cancel?**

if you cancel 90 days or more prior to the start of the course your fees will be refunded less the *non-refundable deposit* of £200.

If you cancel less than 90 days prior to the start of the course, payments are not refundable unless your place can be filled by someone on the waiting list. In this event your payments, less the non-refundable deposit of £200, will be returned.

## **How many people will be on this training?**

There will be no more than 14 participants on the course so you can be assured of a high level of tutor contact and input during each of the training days and time for you to have your questions answered as fully as possible.

## **If I have another question that isn't answered here, who do i speak to?**

In the first instance contact Beverley on [info@beverleynolan.com](mailto:info@beverleynolan.com) or leave a message on 07957 250619.