



ACADEMY
FOR YOGA TRAINING

INTEGRITY • STRENGTH • FOCUS

Restorative Yoga
40-Hour Prospectus

Restorative Yoga 40-Hour Teacher Training Course

Join us online via Zoom, or in person from the heart of the beautiful city of Bath. Specifically aimed at yoga teachers looking to expand their yoga repertoire, but also suitable for those wishing to deepen their own yoga practice, this intensive course will challenge, inspire and strengthen you as you take the next steps on your yoga journey.

Be part of a small group - either 15 students via an interactive learning online platform or 14 students in person at Bath Yoga Studio - to study the principles of Restorative Yoga in depth.

This unique course runs across three days and offers complete immersion in the art of Restorative Yoga amidst a supportive community of Yogis. It is accompanied by a fully comprehensive manual.

The course is 100% taught by our founder Diane Lee - Yoga Alliance Professional TrainerPro, and based upon her decades of knowledge and experience.

You will learn the fundamentals of Restorative Yoga, the origins of the practice, as well as the specific benefits of each Restorative asana. There is a strong focus on anatomy and physiology in the early part of the course before we move on to teaching methodology and the effective sequencing of a Restorative Yoga class.



Why study with us?

Any yoga teacher training course represents a significant investment of your time and money. We recognise the importance of finding a training school that will enable you to learn safely and teach effectively.

Academy for Yoga Training has met the stringent standards set by Yoga Alliance Professionals so you can feel confident that you will be taught by highly experienced, qualified teachers. What's more, on successful completion of the 40-hour Restorative Yoga course, you will be entitled to join Yoga Alliance Professionals and use the Registered Yoga Teacher (RYT) accreditation yourself.



What we ask of our students

At our Academy for Yoga Training, we take a traditional, holistic approach to the ancient discipline of yoga. We ask of ourselves and our students, that we commit to the principles of yoga on and off the mat, living our lives with strength, focus and integrity. The elements of self-reflection and journal-writing that support this approach will be an important part of your learning.

This Restorative Yoga 40-Hour course is designed for all students wishing to immerse themselves in a disciplined programme of self-study with commitment and responsibility.

All students applying for the Restorative Yoga 40-Hour course should have been studying yoga for a minimum of two years.

Pricing

The course fee is £495 with a non-refundable deposit of £295 payable within 7 days of acceptance on to the course, followed by two payments of £100. Alternative payment plans are also available on request.

The fee includes:

- All training
- Full training manual
- Final course assessment
- Certificate

Not included: additional books and materials from the reading list; re-assessments; student insurance via YAP; physical copy of the course manual (for online students); class passes with our sister company Bath Yoga Studio; other expenses associated with accessing our virtual course.

Key Aspects of Study

- The physiology of rest and relaxation and areas of tension
- Understanding stress and stress responses
- Anatomy of adrenal glands
- Mclean's Triune Brain
- The Human Nervous System
- Manomaya Kosha
- Key Restorative postures
- The art of sequencing and restorative asanas



Key Outcomes

Students attending the Restorative Yoga 40-Hour teacher training course will:

- become knowledgeable about the roots and philosophy of Restorative Yoga.
- understand the methodology, physiology, and the specific style of Restorative Yoga, as well as understanding key anatomical components.
- learn the art of observation and safe adjustment in asanas.
- learn how to create a safe, warm and calm space to teach Restorative Yoga.
- learn to teach classes based on Restorative Yoga sequencing.



Required course reading:

The Breath Book by Donna Farhi

Evaluation Procedure

Students are evaluated throughout the three days via a series of pose clinics. By the end of the course, students will be able to structure a safe, fluid, 60/75 or 90-minute Restorative class, with a clearly set intent, at a level and style of their choosing.


Their approach to teaching must take into consideration any hypothetical injuries and contraindications identified in those attending their class.

Accreditation

Academy for Yoga Training has met the stringent requirements set by Yoga Alliance Professionals, demonstrating that our course teaching and content is of the highest standard. As a result of this, our graduates may use the Registered Yoga Teacher (RYT) logo as a sign of quality, when they register themselves with Yoga Alliance Professionals.

Any student whose conduct during the course is deemed inappropriate or incompatible with the principles of yoga and the approach of Academy for Yoga Training, as outlined in this prospectus and in our Code of Conduct, will not be able to take the final assessment, and will not receive a graduation certificate.





To apply for a place on our next Restorative Yoga 40-Hour teacher training course, please [visit our website](#) where you will find the latest online and in-person course dates and a link to the application form.

If you have any questions or would like to discuss your application, please feel free to contact Course Director, Diane Lee. Alternatively, why not visit us and see for yourself what Academy for Yoga Training has to offer?

Contact us:

Email us at: dianeacademyforyogatraining@gmail.com Or call us on 07946 663464.

Other Information

There are a maximum of 11-15 in-person and a maximum of 15 online students on the course. Yoga Alliance Professionals-registered Senior Yoga Teacher, Diane Lee, will teach 100% of the course contact hours.

We are proud to offer a quality training experience in a small group environment, and we aim to be flexible in meeting our students' needs and schedule. If you require additional support, please advise us when making your application, or contact us separately to discuss your needs prior to making an application.

Each student joins Yoga Alliance Professionals at the beginning of the course with student insurance, enabling them to teach throughout the learning process.

In accepting a place on an Academy for Yoga Training course, you agree to comply with our Code of Conduct and Terms & Conditions.

Academy for Yoga Training

Bath Yoga Studio
Norfolk Buildings
James Street
West
Bath
BA1 2BT

