

YoGrá Yoga Restorative Yoga & Yoga Nidra Teacher Training 30 Hours

Lead Teacher: Christine Dunworth

Location: In Person at YoGrá Yoga Studio Maynooth, Co. Kildare, Ireland and Online.

Who is this training for: Qualified Yoga teachers who would like to expand their knowledge and learn to teaching Restorative practices and Yoga nidra

Pre requisites: Practitioners must hold at least a 200 hour YAP approved yoga teaching qualification.

Type of training: This training is designed to equip teachers with the skills, confidence, and depth of knowledge needed to teach restorative yoga and guide a traditional yoga nidra practice.

You will learn how to skilfully create and teach restorative postures to suit the students in front of you, using props such as bolsters, blankets, cushions, belts, and other supportive tools on the mat. The focus is always on meeting each individual where they are, allowing the practice to be both accessible and deeply nourishing.

Participants will develop the ability to teach all levels—from complete beginners to more experienced practitioners—using trauma-informed language and inclusive teaching methods. We will explore how to communicate clearly, hold space with sensitivity, and support students in a way that feels safe, respectful, and empowering.

A key element of this training is a deep dive into the nervous system, helping you understand how restorative yoga supports regulation, recovery, and resilience. You will learn both verbal and physical assisting techniques, giving you the confidence to support each student with care and intention.

This course also explores the essence of restorative yoga—the importance of rest and stillness, and the quiet strength that comes from slowing down. You will gain a clear understanding of the many benefits of the practice, including reducing stress and anxiety, improving sleep quality, and supporting overall health and well-being.

We will also delve into the anatomy and physiology of restorative yoga, exploring its impact on the physical, mental, and emotional bodies.

Throughout the training, we will cover:

- Thoughtful and intelligent sequencing
- The skilful use of props and supportive adjustments

- Teaching methodologies and language
- The art of holding space for your students

By the end of the course, you will feel confident creating safe, effective, and meaningful restorative yoga classes, with a wide range of poses, variations, and modifications to truly meet the needs of every student who walks into your space.

Syllabus

Content	Description
Introduction to the training	An outline of the objectives and overall content of the course. Meeting each other and sharing our journeys.
Yoga History	The history of restorative yoga and yoga nidra.
Yoga Philosophy	How to weave yoga philosophy into a restorative yoga class.
The nervous system	A deep dive into the anatomy of the nervous system and how Restorative Yoga and Yoga Nidra can support our nervous systems
Restorative Yoga Sequencing	<p>The principles and practices of Restorative yoga class</p> <p>Teachers will learn how to :</p> <ul style="list-style-type: none"> -Plan restorative yoga classes -effectively, intelligently and seamlessly cue their students into and out of yoga postures using inclusive and accessible language so that all students can access the practice. -Structure a class using the bell curve method. -Learn how to theme classes.

	<ul style="list-style-type: none"> -Learn how to modify traditional postures and offer props to support students. -Learn verbal adjustments. -Learn hands on adjustments/assists where appropriate. - Alignment, embodied, intuitive postures. -The difference between Restorative Yoga and Yin Yoga
How to teach Yoga	Structuring classes, voice control, body language, planning classes, planning courses, class timing, music, lighting, themes, styles. Trauma informed teaching. Reading the room.
Meditation	Meditation and centering techniques particularly suitable for a Restorative Yoga class.
Pranayama	Breathing practice that can compliment Restorative Yoga.
Anatomy and physiology	A focus on the nervous system.
The subtle body	The Koshas, the Chakras, the Vayus, the Nadis- how can we teach these ancient systems as a theme in our classes.
The business of yoga	Marketing your Restorative Yoga Classes as part of your offerings. Setting up your classes.
Being a good yoga teacher	Yoga ethics. Your energy. Teacher student relationships. Skillful use of language. Connecting with other teachers and creating a yoga community. Consent to assist, respecting students' space and bodies. Trauma informed teaching. Welcoming different abilities to your class and making everyone feel included.
Teaching practice and methods	Participants are already skilled teachers however they will teach each other as they learn the methods throughout the course so that teaching Restorative Yoga and Yoga Nidra becomes second nature. This ensures

	that teachers go out into the world confident and competent yoga teachers.
Teaching pregnant students	How to modify postures for your students when they become pregnant.

Course Breakdown

Module	Contact Hrs
About Restorative Yoga & Yoga Nidra	4
The nervous system and its connection to Restorative Yoga & Yoga Nidra	4
Restorative Yoga postures	6
How to teach Yoga Nidra	2
Class Plans & teaching methodology	4
Meditation/ Pranayama	2
Teaching practice	5
Homework	2
The business of yoga	1
Total Hours	30