



practices of rest

ADAM HOCKE & SARAH WILLIAMS

A comprehensive course for yoga teachers and trainees of all styles, backgrounds and experience including keen students looking to develop their practice and expand their knowledge.

SYLLABUS

The course is divided over four modules and will also feature an in-person experiential module as well as a live online mentor session.

MODULE 1 - Science of Rest - How to hack your nervous system

- Understand the physiology of restorative practices, the nervous system, stress and the relaxation response
- Learn the essential principles of the vagus nerve, polyvagal theory and why it matters in practices of rest
- Examine the role of interoception, embodiment and mindfulness on your mat

MODULE 2- Journey to Rest - Why self-massage and somatics?

- Explore the key principles of somatic movement, self massage and how it fits into a yoga practice
- Learn a variety of full body self-massage sequences with therapy balls
- Deconstruct key yoga poses and transitions through somatic movement principles to promote ease and well being

MODULE 3 - Demystifying Rest - How restorative yoga works

- Learn how to teach restorative shapes with extensive and minimal propping
- Create effective restorative yoga sequences that make rest accessible for all
- Learn how to introduce self-inquiry into your practice of rest

MODULE 4 - Teaching Rest - What is our responsibility?

- Integrate different modalities of practice and teaching techniques to lead your students to rest at home or in the studio
- Link your teaching to traditional and modern teachings of self-compassion and lovingkindness
- Explore inclusive approaches to teaching and trauma awareness through the use of language and space holding

KEY TAKEAWAYS

- You will learn ten key restorative postures plus numerous variations and prop strategies
- You will learn how to sequence full restorative practices and how to integrate these into active classes
- You will learn a variety of somatic and self massage practices as well as templates and guidelines to create your own