



Restorative Yoga Teacher Training

A Pilgrimage to Be Fully Received

Shanina Lee Dennill



Restorative yoga invites us to bring more softness and ease to our bodies and mind. When our restorative yoga practice nourishes this stillness and steadiness, it begins to imbue into our lives. We, most importantly, rest, especially in a time and society where achieving, accumulating, and doing more is celebrated. We become more inclusive of all parts of ourselves (and others). We're given the gift to respond and interact with our emotions and life from a place of spaciousness and compassion.

As teachers, sharing this experienced wisdom of restorative yoga with others is an incredible gift that can create ripples in the fabric of society.

In this 65-hour training, we learn how to use props, our voice, poses, and more to create an environment for ourself and students to move into deeper states of rest. In an intimate group setting, you will learn the traditional wisdom of moving into these more profound states of relaxation, the science behind the nervous system, and how this beautiful system keeps us protected. We learn anatomical aspects and breathing techniques to recalibrate the nervous system. We will also learn to teach with minimal and lots of props and how to sequence classes to evoke a specific benefit or theme.

I look forward to our restorative journey together.

Shanine Lee Dennill

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A one-of-a-kind training that is in-depth, grounded in traditional wisdom, and anatomy, and includes in-person and online training sessions.

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This training is broken down into 6 modules. In-person sessions take place over 4 weekends at a local studio and 2 modules occur online.

3. CURRICULUM

Explore the different modules and topics covered to aid you in becoming an exceptional restorative teacher.

4. WHAT YOU'LL RECEIVE

In this high-level training, you will in-depth manuals, as well as other tools to aid you in your journey of rest and teaching.

5. FACULTY

Meet your trainers/guides for your journey. These instructors have received extensive training in their areas of expertise.

6. REQUIREMENTS FOR CERTIFICATION & ACCREDITATION

What is needed to receive your certificate? What happens if you miss a session? How many hours is it for Yoga Alliance continuing education?

7. PROPS YOU'LL NEED

A list of everything to bring for your in-person training sessions.

8. HOMEWORK

We know life is busy so we have given you everything you need (including manuals). Look at what to expect in terms of homework.

9. INVESTMENT

How to sign up for the training.



How Is This Training Different?

AN IN-DEPTH TRAINING WITH STEEPED IN WISDOM

This is a 65-hour training. There is no way you can experience the richness of restorative yoga, let alone the depth of how to teach it in just one weekend or only a few days. In this training, you will learn the intricacies of restorative yoga - the science behind restorative yoga, the traditional wisdom (including sacred texts) of yoga, how the world shapes our mind and nervous system, and why restorative yoga is so important. You will also learn about the koshas and gunas and how they influence our experience in restorative yoga (and vice versa).

We study 20 restorative poses - this means you can design classes with more than just a few poses. We learn how to prop poses with only a few props and with many. We also learn how to modify poses for the person's body and sequence a practice based on a person's dosha and what they are experiencing at that moment in their life.

TIME TO DIGEST AND PRACTICE

The in-person training is over 4 weekends. You have time in-between weekends to practice the poses and feel them in your body, as well as expand spaciousness and stillness into the rest of your life, so it becomes a lifetime embodiment of the practice. The online modules are self-paced and can be completed between weekends or within a year of the start date.

“Compassion is not a relationship between the healer and the wounded. It's a relationship between equals. Only when we know our own darkness well can we be present with the darkness of others. Compassion becomes real when we recognize our shared humanity.”
~ Pema Chödrön

MASTERFUL DELIVERY - IN-PERSON & ONLINE LEARNING

The in-person sessions take place at a local studio. This is a beautiful way to learn in community and make friends, see how poses look with different bodies, ask questions, and be held in a space of rest with no outside distractions and other commitments. You also have access to an online community platform where you can share ideas, restorative songs and tools, and more. In this online community, you have access to the 2 online modules, where you get to rewatch videos, move at your own pace, and ask the teachers questions.

RECEIVE A MANUAL FOR EACH MODULE

Each module comes with an extensive manual that you can download and/or print. In Module 4 (The Art of Propping), each pose has many pictures for prop and body variations and includes benefits, contraindications, and instructions on how to move in and out of the poses, as well as how long to stay in each pose for optimal rest.

INCLUDES SOUND HEALING

You get to attend a Restorative & Sound Healing Journey workshop with Shanine and Preeti. We learn how sound can have a big impact on relaxation, but also the importance of silence.

BREATHING TECHNIQUES FOR RESTORATIVE YOGA

Our breath and ability to release are intricately intertwined. We explore how stress affects the psoas and diaphragm. Learn different breathing techniques to aid a person before, and during a practice, as well as what techniques to use when you observe students experiencing certain nervous system deregulations.



BECOME A CONFIDENT TEACHER

Even if you have never taught before, we learn how to hold space for students. You will learn a few massage techniques to aid the students' relaxation, how to use your voice, move in an out of silence with your voice, and the type of words (and feeling in the words) to aid a student in their journey. As we explore trauma sensitivity, we get to expand our level of compassion for every student that comes into our class and create a supportive space for them.

EXPERIENCED, PASSIONATE FACULTY

The lead trainer (Shanine) has taken two 200-Hour Yoga Teacher Trainings, as well as an advanced 300-Hour Training, and is an E-RYT 500 and YACEP with Yoga Alliance. She has also taken three Restorative Yoga Trainings and two Yoga Nidra Trainings. She first started teaching restorative yoga at Carpenter Hospice after her first training (this is because her teacher encouraged her to teach there and emphasized restorative in the training). She later taught a restorative class at a local studio before opening her own studio. After she closed her studio, Restorative Yoga, and Yoga Nidra helped heal her and to embrace the unknown - Shanine's teaching comes from a deeply embodied place.

Kathleen has extensive knowledge in anatomy and physiology and helps teach the anatomy section, related to the nervous system. She has graduated from a 200-hour and an advanced 300-hour training. She has a degree in Kinesiology and works with students who need yoga therapy and rehabilitation.

Lastly, Preeti supports the Sound Healing section. She went to Guatemala to train in sound healing and hosting ceremonies. She has held many sound healing sessions.

You can read more in their bios.



"After completing my 200-hour yoga teacher training with Shanine in 2020, I jumped immediately on the Restorative Teacher Training she offered. I am so glad I did. I have even more appreciation for restorative yoga than I already did. Shanine is an incredible teacher; her programs are so well put together and thorough. Shanine has so much wisdom, knowledge, passion, and respect for yoga and its lineage and teaches it with so much integrity. I look forward to learning so much more from her in the future. I know I have learned from a beautiful and wise woman with vast wisdom and knowledge."

~ Sherrie P, RYTT graduate

Format & Location



The training is broken down into 6 modules:

- 4 modules are in-person over 4 weekends, at a local studio.
- 2 modules are online and self-paced.

In-Person Sessions

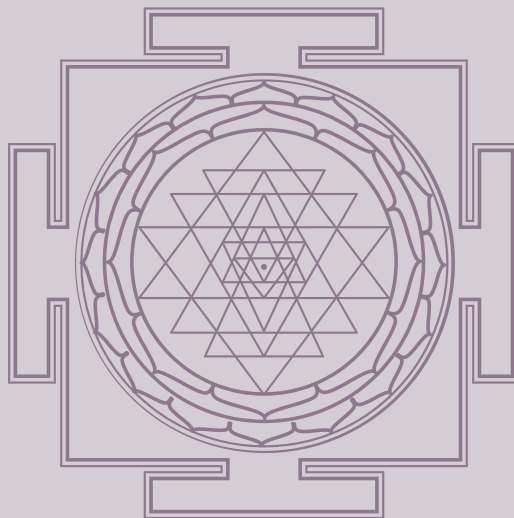
These take place at a local studio.

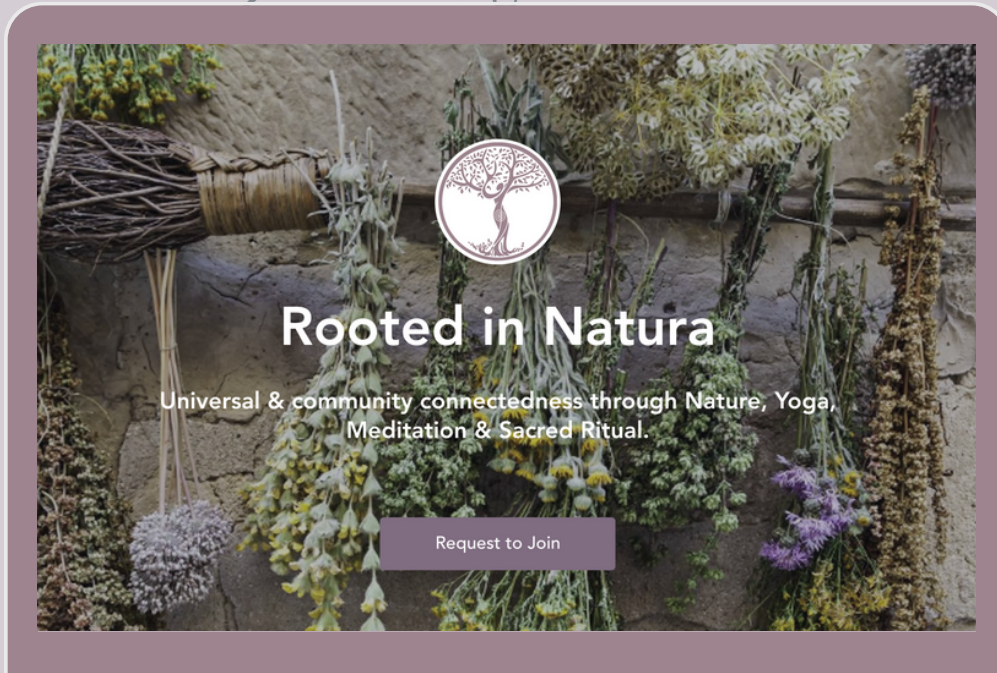
To see the locations and dates, please visit:

<https://shaninedennill.com/restorative-yoga-teacher-training/>

The 4 weekends include these 4 modules:

- Module 1: Foundations of Restorative Yoga
- Module 4: The Art of Propping
- Module 5: Guiding into Deeper States of Relaxation
- Module 6: The Art of Teaching Restorative Yoga





Online Sessions

You will have access to the Restorative Yoga Teacher Training online community through our online platform (Rooted in Natura). When you purchase the online modules, you will also have access to each course. In this portal, you will be able to chat with each other, post interesting links to the community, access recorded sessions, and much more. These modules are self-paced but you will need to complete them within one year of the start of your in-person session.

The 2 online modules include:

- Module 2: The Brain & Nervous System Regulation
- Module 3: The Koshas & Gunas - Layers of Being

**JOIN OUR ONLINE COMMUNITY
FOR FREE TODAY**



MODULE 1: FOUNDATIONS OF RESTORATIVE YOGA

Location: In-Person

- What is Restorative Yoga, and why practice it?
- The lineage of restorative yoga and its evolution throughout the years.
- How can we create space in our life for a daily ritual of rest?
- Therapeutic benefits of restorative yoga, according to traditional wisdom and science-based wisdom.
- The pillars of restorative yoga.
- Yogic philosophy and texts related to restorative yoga.

MODULE 2: THE BRAIN & NERVOUS SYSTEM REGULATION

Location: Online (Rooted in Natura). Must be completed within a year of RYTT start date.

- Basic nervous system anatomy (the sympathetic and parasympathetic nervous system).
- The psoas, vagus nerve, and breath in relation to health and relaxation.
- The anatomy of the mind according to science and its relation to rest.
- The traditional wisdom of the anatomy of the mind and how rest/stillness plays an important role. Learn tools to regulate the nervous system.

MODULE 3: THE KOSHAS & GUNAS - LAYERS OF BEING

Location: Online (Rooted in Natura). Must be completed within a year of RYTT start date.

- The 5 layers that comprise of the body, energy, breath, emotions, and soul according to eastern philosophy and how they play a role in rest.
- The gunas and how these interweave in life and our practice.

MODULE 4: THE ART OF PROPPING

Location: In-Person

- How to set up a Rest Nest and prepare students for gathering props.
- The use of different props and alternatives.
- Explore 20 key restorative postures and variations in propping. Learn the various categories of poses, including the benefits and contraindications.
- Learn to adapt and modify poses according to the student(s) level and circumstances, including minimal or lots of props.



MODULE 5: GUIDING STUDENTS INTO DEEPER STATES OF RELAXATION

Location: In-Person

- Cueing deeper states of relaxation – words, voice, and more.
- Breathing practices for before or during a practice.
- Introduction to Yoga Nidra and other techniques to cue more relaxation and deeper states of consciousness.
- Introduction on trauma-sensitive guidelines or intentions (however, this is not a specific trauma-informed training).
- The use of touch. Assist and learn ways to add therapeutic touch to aid in relaxation.
- The use of sound and the role of sound healing for deep listening and relaxation. Enjoy a Restorative Yoga & Sound Healing Journey workshop.
- The importance of silence.
- Bonus information: Rooted in Natura elements to aid in relaxation (teas, plants, and more).
- Other rituals for relaxation, compassionate inquiry, and integration.

MODULE 6: THE ART OF TEACHING RESTORATIVE YOGA

Location: In-Person

- Pillars for teaching restorative yoga.
- Sequence postures for the overall theme, the timing of poses, and for particular therapeutic effects.
- How do the Doshas (Ayurveda) play a role in supporting, propping, and teaching.
- Plan restorative classes and prepare for the specific needs of your students (includes a class template).
- How to demonstrate poses.
- The power of observation and verbal cues.
- Teaching privately and as a group. Virtual considerations are included.
- The importance of personal practice.
- Practice teaching and hold space for students.

** Curriculum is subject to change. Some modules may cross over (for example demonstrating poses in the art of propping).*

** Training must be completed within 1 year (including submission of all assignments). There are no time-consuming projects.*

** You will receive a detailed schedule before every weekend.*

What You'll Receive



MANUALS

You will receive beautiful, detailed, extensive manuals for each module that is downloadable. The manuals contain pictures of many variations, the benefits, and the contraindications of each pose.



FIVE RESTORATIVE CLASSES

You will receive a 5-class pass at the local studio you have signed up with (FREE) - for restorative yoga. This is a wonderful way to enjoy the restorative practice, as well as enhance what you have studied.



SOUND HEALING JOURNEY

Attend a Restorative & Sound Healing Journey (FREE). Experience how sound & vibration can move us into deeper states of relaxation, as well as bring healing.



TWO PRE-RECORDED PRACTICES

It's important to make space for more rest in our lives, especially being on this journey. You will have access to 2 pre-recorded practices to nourish yourself.



SCRIPTS FOR DEEPER RELAXATION

You will receive two scripts and audio files to guide yourself and students into deeper relaxation.



MENTORSHIP

You will have the opportunity to assist classes and receive guidance to be more fully in the seat of the teacher.



PROP DISCOUNT

The hosting studio provides a 10% on select props for teacher trainees.



Faculty



Shanine Dennill

Program Director

Lead Trainer, E-RYT 500

After being touched by the death of family members at a young age, Shanine questioned the meaning of life and death. This led her on a spiritual quest and to study with masterful spiritual teachers.

Over the past 15 years, Shanine has helped thousands of people to nourish and restore their body, mind, and soul through her classes (having owned a studio for 10 years and now teaching at various places), having taught many teacher trainings, workshops, and through her recordings. Her first teaching position was working at a hospice, bringing the healing benefits of restorative yoga to those with life-limiting illnesses. She returned to Restorative during grief and when she was so depleted that she could not get out of bed, Restorative Yoga and Yoga Nidra restored her back to health (as well as through herbal medicine).

Shanine is dedicated to bringing Rituals and Rest to her students (a space that cultivates reverence and guides us to slow down and listen to the whispers of our heart). Yoga Nidra has brought her some peace with the aspects around death, which is our most extraordinary transformational transition. Much like in death, in Restorative Yoga and Yoga Nidra, we are on a pilgrimage of dissolving to be fully received in the unknown.

Shanine is an E-RYT 500 and YACEP with the Yoga Alliance (having graduated from 3 trainings). She has received extensive training in Restorative Yoga, Yoga Nidra, and Meditation. Her yoga practices are influenced by Tantra Yoga (from the Sri Vidya lineage). She is also a Reiki practitioner and is training to be an Ayurveda Health Advisor. Her hobbies include: spending time with her Aussie dog, Rihanna; learning and sharing folk herbalism (including awakening people as being part of nature); and playing her didgeridoo.



Kathleen Aubry

Guest Teacher

The Brain & Nervous System Regulation

Thirty years ago, when Kathleen stepped onto a yoga mat for the first time, little did she know that she was taking the first step into a practice that would transform her life. In the beginning, she loved the physical practice of yoga, developing strength and flexibility, and the feeling of lightness she would have after class. But as Kathleen continued to practice, she became aware that what she really loved was the sense of contentment and inner peace she would feel, not just while she was practising, but also in other areas of her life. These feelings inspired her to delve into learning more about yoga, first by taking the Yoga Teacher Training at Chrysalis Yoga and then to study Yoga Therapy at Vedansha Institute of Vedic Science and Alternative Medicine in Rishikesh, India. This is where her yoga became a deeply spiritual practice integrating breath, mind, and body. She found a place, a way, to inner peace and healing. Kathleen truly believes that Yoga IS Therapy; yoga is a system of healing that works from the outside in.

Kathleen has over 30 years of experience as a Registered Kinesiologist and recently received her C-IAYT. Her original studies in Western medicine taught her anatomy, physiology, and the science of human movement. Still, the ancient Eastern science of life and yoga, taught her to take a holistic approach, simultaneously working on the body, mind, and spirit. Currently, Kathleen teaches Chair Yoga and Aquatic Yoga. She is passionate about helping people in pain by integrating yoga into healthcare.



Preeti Berar

Guest Teacher

Introduction to Sound Healing

Preeti has a unique way to life. She sees the world as energy, art and expression. She is an Energy Alchemist and has the gift of Light Language and deeply connecting to spirit. She is a Vibrational Healer, Holistic Health and Beauty Practitioner, with over 22 years of experience in Beauty, Holistic Nutrition, Reflexology and Reiki. She also has a background in Pranayama, Vipassana Meditation, various styles of breathwork, and Sound Healing. Combining all these aspects together really shifts the way she experiences life.

Her mission is to bridge our spirit back to source energy and nature. Reactivating our hearts, connecting us back to the natural planetary rhythms and cycles. Helping us to remember where we truly come from.



Requirements for Certification & Accreditation

To receive your Restorative Yoga Teacher Training certificate, the following needs to be met:

- 100% attendance for in-person sessions as each session builds on the next and breaks down poses. If you miss a session, there are 2 options:
 - Book a private session to catch up. You'll be charged an additional fee of \$85 + HST per hour (if you missed 3-4 hours of work, this is usually covered in 1-2 hours).
 - Make it up in the following Restorative Training (a \$100 admin fee will be charged).
- Completion of the two online courses. These courses must be completed within 1 year of the restorative training start date.
- Submit the open-book quizzes for the two online courses and have an 80% pass rate (you can retake the quizzes up to 3 times - the highest mark will be recorded).
- Demonstrate that you embody rest and the principles of restorative yoga. Be able to hold space, imbue compassion and peacefulness, and efficiently guide students in and out of restorative poses (as well as technical knowledge of the use of props).

Once you have received your certificate, you will be able to apply to Yoga Alliance for continuing education credits.

This training accounts for 65 hours of continuing education as the Lead Trainer, Shanine Dennill is an E-RYT 500 Yoga Teacher and a YACEP (Continuing Education Provider) with Yoga Alliance and has registered the program with them.





Props You'll Need

You will need to bring these props for every training (it's good idea to invest in a big Dollarstore bag or a roller bag). Some studios may or may not have props. If they have props, those props will be used to demonstrate the deep restorative poses with lots of props.

- Your yoga mat
- 1 strap
- 2 yoga blocks
- 4 blankets
- 1-2 bolsters
- 1 light cloth to cover the eyes
- Journal and pen
- Other props are welcomed



Homework

Homework is kept to a minimum. You receive an extensive manual, so there is no need to create your own manual.

The main homework you will receive is reviewing and practicing the poses we covered during the week and a self-inquiry assignment related to rest.

At the end of each Teacher Training weekend, you'll receive an assignment sheet. This will list the poses we covered during the weekend that you will need to review and any reading you may need to do in your manuals. It will also include self-exploration questions.

Between the in-person weekends, it's a great time to do some of your online courses. Most students like to be finished their training (including the online modules) by the end of weekend 4 (the last weekend of the in-person training).

Investment

Purchasing the Restorative Yoga Teacher Training includes 2 steps:

1. Register and purchase the training through the local studio (this covers the four in-person weekends). We offer two payment plan options for your convenience.
2. PLUS purchase the 2 online modules through our platform (Rooted in Natura).



Step 1: In-Person Sessions

(Choose between 2 payment options)

OPTION 1 ONE PAYMENT

\$750 + HST

OR

OPTION 2 PAYMENT PLAN

\$215 + HST
Monthly for 4 months

Includes:

- Downloadable manuals
- 10% off Props
- Access to online community
- Five free restorative classes
- Assist a restorative class

To sign-up, visit Shanine's website for a list of local studios:
<https://shaninedennill.com/restorative-yoga-teacher-training/>

Step 2: Online Sessions

(Please sign-up for both)

THE BRAIN & NERVOUS SYSTEM REGULATION

\$160

(HST is included)

Buy Now: [MEMBER](#) [NON-MEMBER](#)



THE KOSHAS & GUNAS: LAYERS OF BEING

\$160

(HST is included)

Buy Now: [MEMBER](#) [NON-MEMBER](#)



* If you are already a member of Rooted in Natura, please follow the Member link above.

Includes:

- Downloadable manuals
- Lifetime access and ability to share within the online community
- Content updated regularly

**View Shanine's website for
Frequently Asked Questions:
[https://shaninedennill.com/restorative-yoga-
teacher-training/](https://shaninedennill.com/restorative-yoga-teacher-training/)**

**If you have any further questions, please
contact Shanine, the Program Director, for
more information.**

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*We look forward to
seeing you on your mat!*



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