

# *25 Hr Restorative Yoga Training*

**Learn how to heighten your consciousness, affect your brain waves, rewire neural pathways and alter your biochemistry to accelerate healing.**

**Run over 2 weekends with multiple classes and practices.**

**Training led by Paul Archer, multi-award-winning author of “The Esoteric Science of Restorative Yoga”**

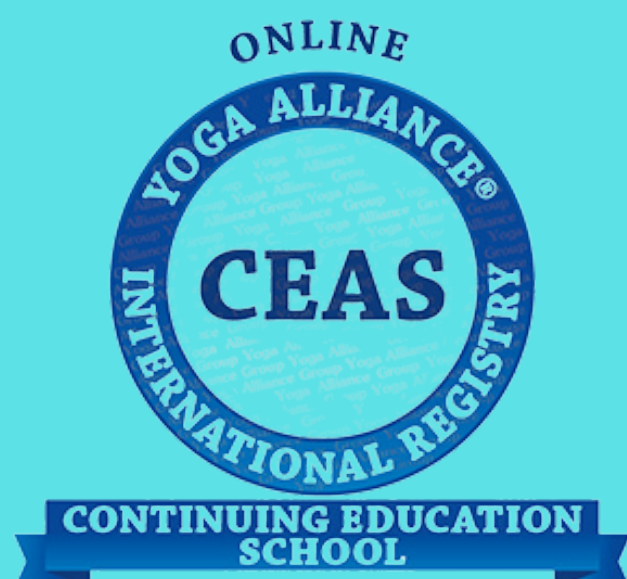


**Discover how quantum physics confirms ancient understandings of the reality of our existence as energetic beings.**

**Learn how our biology and brain waves affect our experience, and explore every facet of the body's energetic fields to enable healing and homeostasis.**

**With detailed descriptions and full-colour photos of the poses, class plans and breathing exercises, this course is an invaluable resource for those wishing to accelerate their bodies' healing ability or wanting to teach Restorative Yoga.**

**This 25-hour course is Yoga Alliance Certified.**



# *MODULES*

**Prana & Energy fields**

**Consciousness & Mindfulness**

**Meditation & Equanimity**

**Pranayama & Vagal Stimulation**

**Stress, Pain & Healing**

**The Art of Surrender**

**Managing Stress**

**Illusions of Physicality & Time**

**Central Nervous System**

**Etheric & Enteric Bodies**

**Brainwave Activity**

**Structural Anatomy**

**Lymphatic & Limbic Systems**

**Psoas Muscles**

**Healing as a Journey**

**Meridians & Fascia**

**Yoga Sutras**

**Poses & Sequences**

**Teaching Rounds & Mentoring**



# *About your teacher*



**Paul Archer is an eternal student with a passion for research;**

**He has taught Yoga for over a decade, and his lifelong passion for philosophy, spirituality, science and ancient cultures inspired his award-winning book, "The Esoteric Science of Restorative Yoga," which was released in 2022.**

**His self-published book won the 2023 Nautilus Book Awards Gold Medal in the Body, Mind, Spirit category, and the 2022 Living Now Book Awards Silver Medal in Fitness, Exercise, and Yoga.**

**He runs multiple Yoga Alliance Accredited courses for studios throughout Melbourne, and has trained thousands of teachers.**