

Information

November 5-9, 2018

10:30am-5:30pm with one hour break

Location:

Indian Community Center of Rochester
2171 Monroe Wayne County Line Rd.
MACEDON, NY 14502

Fee:

\$795 whole seminar

(check payable to Open Sky Yoga)

Student and seniors 10% discount

**\$150 Certification fee and listing
on restorativeyoga teachers website**

(check payable to Judith Hanson Lasater)



7 Arnold Park, Rochester NY 14607 585-330-7601

yogawave@rochester.rr.com www.openskyyoga.com www.Facebook.com/YogaWave

Send your registration—check, bank transfer or charge—to:
Open Sky Yoga Center, 7 Arnold Park, Rochester, NY 14607

Name _____

Address _____

_____ Zip code _____

Phone _____ E-mail _____

Visa MasterCard Name on card _____

Credit card number/Expiration date _____

Verification Code (three-digit number on back of card) _____

Make check payable to: Open Sky Yoga. No refunds after August 15, 2018.



Y o g a C e n t e r

November 5-9, 2018

Relax & Renew[®]

Restorative Yoga Teacher Training
with
Judith Hanson Lasater, Ph.D.

Meet Judith Hanson Lasater



Judith Hanson Lasater, Ph.D, Physical Therapist has been teaching yoga since 1971. Ms. Lasater has trained students and teachers in almost every state of the Union and abroad, is one of the founders of Yoga Journal magazine and is the president of the California Yoga Teachers Association. She has written eight books, including Yogabody: Anatomy, Kinesiology, and Asana (Rodmell Press, 2009).

*www.judithhansonlasater.com
www.restorativeyogateachers.com*

About the Workshop

November 5-9, 2018

We work hard in our lives and rarely take time to rest. Restorative Yoga helps us relax—often more deeply than a night of sleep. Deep relaxation benefits all the body's organ systems. The results are measurable and include lower blood pressure, lower serum-triglyceride levels and reduced blood sugar. Levels of "good cholesterol" increase, while digestion and elimination improve. Muscle tension, insomnia and generalized fatigue melt away.

This 30-hour workshop covers the art and skill of teaching Restorative Yoga. We will explore the physiology of relaxation; the physical, emotional and spiritual aspects of rest; special poses for menstruation, pregnancy and menopause; and how to sequence a class.

Requirements:

The workshop is open to all teachers and serious students, however if you wish to become certified as a Relax and Renew® Trainer, you must fulfill the following: attend all sessions (no exceptions), complete a project to be submitted approximately 8 weeks after the workshop, including a check for an additional \$150 which covers the cost of the certificate, grading, and a lifetime listing on Judith's website exclusively promoting Restorative yoga teachers (www.restorativeyogateachers.com). It is also possible to take the workshop for-learning only and not submit the project.

Please do NOT schedule your return flight at a time that requires you to leave early and miss ANY of the training. To receive the certificate please remember you must submit a project AND be present at all hours of the training. NO EXCEPTIONS.

Required text:

Relax and Renew: Restful Yoga for Stressful Times by Judith Hanson Lasater PhD, PT

Required reading:

Blink: The Power of Thinking Without Thinking by Malcolm Gladwell

Strongly Suggested Reading:

The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom by Jonathan Haidt