



# Advanced Relax & Renew<sup>®</sup>

November 9 – 13, 2020

Restorative Yoga Teacher Training  
with

**Judith Hanson Lasater, Ph.D.**

## Information

November 9 – 13, 2020

Monday-Friday, 10:30 - 1:30 & 2:30 - 5:30

Early registration is advised.

*Fees: \$925* (check payable to Open Sky Yoga)  
*Student and seniors 10% discount*

The certification fee to become a Relax and Renew<sup>®</sup> Teacher, Level 2 is \$150 payable with your report submission by check drawn on a US bank, or payable by cash (US dollars only) in person by the end of the workshop." (*check payable to Judith Hanson Lasater*)

*Refund Policy:* Before October 1st 2020:  
Refund minus a non-refundable \$200.  
No refunds after October 1st.

*Location:*  
Indian Community Center of Rochester  
2171 Monroe Wayne County Line Rd.  
Macedon, NY 14502



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

yogawave@rochester.rr.com [www.openskyyoga.com](http://www.openskyyoga.com) [www.Facebook.com/YogaWave](http://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.*

# 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, and is one of the founders of Yoga Journal magazine. She has written nine books on yoga.

[www.judithhansonlasater.com](http://www.judithhansonlasater.com)

[www.restorativeyogateachers.com](http://www.restorativeyogateachers.com)

*How wonderful it is to do nothing and then to rest afterwards.*

—SPANISH PROVERB

## About the Workshop

**November 9 – 13, 2020**

**Monday – Friday**

### **PREREQUISITE. NO EXCEPTIONS:**

Must have completed the Basic Relax & Renew: Learning to Teach Restorative Yoga course with Judith Hanson Lasater, Lizzie Lasater, or Adelene Chang, and currently hold a Relax and Renew Trainer® certificate before registering for the Advanced course.

Those who teach Restorative yoga frequently discover the amazing power of this practice. The 30 hour Advanced Relax and Renew® training will cover more complex aspects of teaching Restorative yoga than the basic Relax and Renew course did. Included will be work with poses that may benefit anxiety, depression, infertility, dysmenorrhea and other conditions. A section of the workshop will focus on the therapeutic aspect of inversions.

Requirements to become an Advanced R&R Trainer: attend all sessions (no exceptions), complete a project to be submitted by mail approximately 10 weeks after the workshop, include a \$150 check at the time of submission of the project for the certificate.

### *Required text:*

*Restore and Rebalance: Yoga for Deep Relaxation* by Judith Hanson Lasater, PhD, PT

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

### *Required reading:*

*The Heart Speaks: A Cardiologist Reveals the Secret Language of Healing*  
by Mimi Guarneri MD

### *Strongly recommended reading:*

*The Female Brain* by Louann Brizendine, MD

*The Male Brain* by Louann Brizendine, MD

### *Props:*

Sticky mat, eye bag, bolster, five firm blankets, two yoga blocks, one yoga belt, 6 feet long, one hand or face towel, approximately 16"x30" (40 cm x 76 cm)