

Relax and Renew® Level 1 Learning How to Teach Restorative Yoga



This 30-hour training will cover the art and skill of teaching and practicing Restorative yoga.

Judith Hanson Lasater

SEPTEMBER 21-25, 2026

Mon-Fri, 10:30-1:30 & 2:30-5:30

During the training we will explore:

- How to sequence and facilitate a Restorative yoga class
- How to teach and assist in Restorative yoga poses
- The physiology of relaxation
- The physical, emotional, and spiritual aspects of rest
- Specific poses for menstruation, pregnancy, and menopause

Who can join this training?

This training is open to all teachers and serious students.

Required Textbooks:

- *Relax and Renew: Restful Yoga for Stressful Times* by Judith Hanson Lasater
- *Restore and Rebalance: Yoga for Deep Relaxation* by Judith Hanson Lasater

Highly Recommended text:

- *Teaching Yoga with Intention* by Judith Hanson Lasater



Judith Hanson Lasater, Ph.D., PT, C-IAYT, E-RYT-500, has taught yoga around the world and in almost all the states in the USA since 1971. She is the author of 11 books on yoga and related topics, the newest of which is *Teaching Yoga with Intention* (Shambhala Publications, 2021). She has taught regularly at Open Sky Yoga since the 1980s.

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\$950 (plus \$150 Certification fee)

Before August 1, 2026: Refund minus a non-refundable \$200.

No refunds after August 1, 2026.

For more details, visit: www.restorativeyogateachers.com

Indian Community Center of Rochester

2171 Monroe Wayne County Line Rd., Macedon, NY 14502

Please, pre-register at www.openskyyoga.com to reserve your space.