

Relax & Renew®

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

April 4-8, 2022 Monday-Friday, 10:30-1:30 & 2:30-5:30 Beginners welcome!

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. 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, 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 Ph.D, 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



Judith Hanson Lasater Ph.D, PT

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

www.restorativeyogateachers.com

\$795 (payable to Open Sky Yoga)

Student and seniors 10% discount

\$150 Certification fee and listing

on Restorative Yoga Teachers website

(cash or US bank check payable to Judith Hanson Lasater)

Location: Indian Community Center of Rochester

2171 Monroe Wayne County Line Rd.

Macedon, NY 14502

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www.openskyyoga.com

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