

# Relax & Renew<sup>®</sup>

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<sup>®</sup> 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](http://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](http://www.judithhansonlasater.com)

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

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

Please, pre-register online @ [www.openskyyoga.com](http://www.openskyyoga.com) to reserve your space.