

# Relax & Renew<sup>®</sup> Level 2

Therapeutic Applications of Restorative Yoga with **Judith Hanson Lasater**, Ph.D., PT, C-IAYT, E-RYT-500

**November 7-11, 2022** Monday-Friday, 10:30-1:30 & 2:30-5:30



**This is the only Level 2 that Judith is teaching on the East Coast USA in 2022.**

**PREREQUISITE. NO EXCEPTIONS:** Students must have completed Relax and Renew<sup>®</sup> Level 1: Learning to Teach Restorative Yoga course with Judith Hanson Lasater, Lizzie Lasater, or Adelene Cheong, and currently hold a Relax and Renew<sup>®</sup> Teacher, Level 1 certificate before registering for Level 2.

Those who teach Restorative yoga frequently discover the amazing power of this practice. The 30 hour Advanced Relax and Renew<sup>®</sup> training will cover more complex aspects of teaching Restorative yoga. 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 R&R Teacher, Level 2: attend all sessions (no exceptions), complete and pass a written project to be submitted to Judith within one calendar year from the last day of the course. Additionally, a one-time certification fee of \$150 to be submitted by check and sent with the project, or paid in cash at the workshop (US \$ only).



**Required text:** *Restore and Rebalance: Yoga for Deep Relaxation* by Judith Hanson Lasater

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

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

**Strongly suggested 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 (6ft), face towel (16"x30")



Judith Hanson Lasater has been teaching yoga since 1971. Ms. Lasater has trained students and teachers in almost every state in the US, and on six continents. She is one of the founders of Yoga Journal magazine and has written 11 books on yoga. The latest one is *Teaching Yoga with Intention: The Essential Guide to Skillful Hands-On Assists and Verbal Communication* (Shambhala Books, 2021).

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

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

**\$925** (payable to Open Sky Yoga)  
Student/seniors 10% discount

**\$150** Certification fee/listing on Restorative Yoga Teachers website (cash or US bank check payable to Judith Hanson Lasater)

**Refund Policy:** Before Oct 1, 2022: Refund minus a non-refundable \$200. No refunds after Oct 1.

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

[yogawave108@gmail.com](mailto:yogawave108@gmail.com)  
[www.openskyyoga.com](http://www.openskyyoga.com)

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