

Relax & Renew[®] Level 2

Therapeutic Applications of Restorative Yoga with **Judith Hanson Lasater, Ph.D.**

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



PREREQUISITE. NO EXCEPTIONS:

Students must have completed Relax and Renew[®] Level 1: 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. 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 to be paid in cash at the workshop (US dollars only).



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 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 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

\$925 (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.