

# Judith Lasater

## Relax and Renew®

### Learning to Teach Restorative Yoga, Level I

**Tuesday-Friday, May 29 - June 1, 2012**

**11 a.m. - 5 p.m.** (includes 30 minute break each day)

**\$660** by Monday, April 30; \$750 thereafter

*Special cancellation policy for this event. No refunds less than one week prior to start of event. See back for details.*

#### **Required for the training**

##### **Books**

*Relax and Renew: Restful Yoga for Stressful Times*, Judith Hanson Lasater, PhD, PT. Please bring this to class each day.

*Blink: The Power of Thinking Without Thinking*, Malcolm Gladwell

Recommended: *The Happiness Hypothesis*, Jonathan Haidt

##### **Props**

Sticky mat  
Eye bag  
Bolster  
5 firm blankets  
2 yoga blocks  
1 yoga belt (6-8 ft)  
Camera (disposable or digital camera to bring to class daily)

*Extra props will not be available onsite. If you need to purchase props, we recommend [yogaaccessories.com](http://yogaaccessories.com) or [huggermugger.com](http://huggermugger.com).*

We work very hard in our lives and, while we may sleep, we rarely take time to rest. Restorative yoga poses help us learn to relax and rest deeply and completely. During deep relaxation, all the organ systems of the body are benefited, and a few of the measurable results of relaxation are the reduction of blood pressure and the improvement of immune function, as well as improvement in digestion, fertility elimination, and the reduction of muscle tension and generalized fatigue.

In this 22-hour workshop, we will learn the art and skill of teaching Restorative yoga. All aspects of the subject will be covered, including the physiology of relaxation, the physical, emotional and spiritual aspects of Restorative yoga, special poses for menstruation, pregnancy and menopause, and how to sequence and teach a class in Restorative yoga. Thousands of teachers have been trained in Restorative yoga in the US, Japan, Canada and England.

The workshop is open to all teachers and serious students. However, if you wish to become a certified as a Relax and Renew® Trainer, you must fulfill the following: attend all sessions (NO exceptions); complete a project to be submitted by mail to Judith Hanson Lasater approximately 6 weeks after the workshop; include a \$100 check payable to Judith Hanson Lasater for the certificate, the time spent grading the project and a lifetime listing on [www.restorativeyogateachers.com](http://www.restorativeyogateachers.com) (no additional fee to change your listing as needed).

*This course is open to ALL teachers, teachers-in-training and interested students. Counts as 22 hours of continuing education for registered Yoga Alliance teachers.*



**Judith Hanson Lasater**, PhD, Physical Therapist, 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 and is the president of the California Yoga Teachers Association. She has written eight books including *Yogabody: Anatomy, Kinesiology and Asana* (2009) and *What We Say Matters* (2009). [www.judithlasater.com](http://www.judithlasater.com), [www.restorativeyogateachers.com](http://www.restorativeyogateachers.com)



**PRAIRIE YOGA**

4701 Auvergne Avenue, Suite 104, Lisle, IL 60532  
(630) 968-3216 [prairieyoga@comcast.net](mailto:prairieyoga@comcast.net)

[www.prairieyoga.org](http://www.prairieyoga.org)

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

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**Relax and Renew®**

**Learning to Teach Restorative Yoga, Level I**

## **DATES**

Tuesday, May 29 - Friday, June 1, 2012

11 a.m. - 5 pm (includes 30 minute break each day)

## **FEE**

**\$660 by 4 p.m. on Monday, April 30;** \$750 thereafter

*Special cancellation policy in effect: No refunds or credits after 11 a.m. on Tuesday, 5/22/12*

## **STUDENT INFORMATION**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

## **PAYMENT**

Space is limited. Registering early holds your spot and qualifies you for the discount price. This event is expected to sell out quickly.

Prairie Yoga accepts cash, check, or credit cards. Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50 fee.

\_\_\_\_\_ **\$660 paid by Monday, April 30, 2012**

\_\_\_\_\_ \$750 paid thereafter

## **REFUNDS & CANCELLATIONS**

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund policies that are fair to you, the studio and the presenter. Thank you for your support.

- **For refund requests at least one week prior to the start of the event**, you may request a refund, less 15%.
- **For refund requests less than one week prior to the start of the event**, no refunds or credits will be given.
- If you do not show up for an event, no refunds or credit will be given.
- **Refunds for credit card payments are subject to an additional 3% transaction fee.** No exceptions, even if an event is cancelled by Prairie Yoga or the presenter.

**Cancellations:** We reserve the right to cancel an event due to low enrollment or factors outside of our control. If an event is cancelled, you will receive a refund (If you paid by credit card, the refund is minus 3% credit card transaction fee).



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