



# RESTORATIVE YOGA TRAINING

Yoga Alliance CEU's are available

THIS 12-HOUR TRAINING WILL COVER  
THE ART AND SKILL OF TEACHING AND  
PRACTICING RESTORATIVE YOGA.

## During the training we will explore:

How to sequence and facilitate a Restorative class  
How to teach Restorative Yoga poses for every body  
The physiology of relaxation  
The physical and emotional aspects of rest

## Who can join this training?

This training is open to all teachers and serious students

## Tuition: \$450

\$100 non refundable deposit to hold your space

## Required Reading:

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

## When:

July 20 - 21  
10am-4pm

## Where:

Yoga Village  
Templeton  
105 S. Main Street #2  
Templeton, CA



## Registration:

(805) 441-4150

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