

Teacher Training Workshop: 'Teaching Gentle Yoga & the Restorative Practices'

March 29th – 31st 2019

Friday 6pm-9pm, Saturday 9am-4pm, Sunday 10am-3pm

Fee \$275 / Early Bird \$250 *Payment must be received by 1/21/2019

As Yoga grows in popularity some of it's true essence is lost. Strength, pace and power is emphasized, while the importance of gentleness, breath and stillness is dismissed as; 'not so important', 'not physically challenging', or 'gentle is for beginners'!

This experiential workshop will help you discover the richness of a gentle restorative yoga practice, foster the skills and techniques to teach it, and remind you that 'gentle yoga doesn't mean beginner yoga', in fact it provides space for a deeper understanding of the self and all that Yoga has to offer!

You will explore:

- Gentle restorative yoga practices
- The effective and safe use of props
- How to plan a gentle yoga class with and without the use of props
- Language and themes to keep it interesting
- The art of staying gentle

Training Information

Prerequisites: Open to all yoga teachers wishing to develop the skills to teach a gentle yoga class and explore a gentle personal practice.

Continuing Education: This workshop offers 15 contact hours with Yoga Alliance.



For more information or to register contact:

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Yoga for all ages and stages of life!

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