

# Teacher Training Workshop: *'Teaching Gentle Yoga the Restorative Practices'*

November 3<sup>rd</sup> - 5<sup>th</sup>

Friday 6pm-9pm, Saturday 9am-4pm, Sunday Noon-5pm

**Fee \$275 / Early Bird \$250 \*Payment must be received by 9/22**

*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:

- Practicing gentle restorative yoga together
- 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 and yoga practitioners wishing to develop the skills to teach a gentle yoga class or simply 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!**

**c/o Whimsy - 686 Worcester Rd., Framingham, MA 01702**