Lucky Elephant Yoga
Restorative Yoga Teacher Training Course
with Bridget Rawls Peterson

January 18-20, 2019

Friday, January 18 6:00-8:30 pm
Saturday, January 19 12:30-5:30 pm
Sunday, January 20 1:00-5:00 pm

Our energetic bodies have two states of being… Yin and Yang. Most of our days are spent in the Yang muscular effort, rushing from task to task and place to place. Our Sympathetic (Fight or Flight) nervous system is constantly in a state of arousal. By balancing out the energies of the body, we find "peace."

Restorative Yoga helps us to move out of the Yang and into the Yin effort of grounding and calming mind and body. It creates relaxation and rejuvenation of the body and mind through opening pathways within the body that stimulate the Parasympathetic nervous system (Rest and Digest). In Restorative Yoga, the body is placed into postures of back bending, forward folding, side bending and twisting using the full support of bolsters, blankets, straps, blocks and eye pillows. Each pose is held for 5-10 minutes, allowing the body to completely settle in and open up.

This training is designed for new and experienced yoga teachers, health professionals and anyone working within a healing profession.

The training will cover through lecture, demonstration, partnered exercises and practice-teaching how to bring Restorative Yoga to your clients and students.

This training will allow participants to learn the roles of the nervous system and the subtle energy body in relation to the relaxation effect. Participants will learn how to guide students into the postures in a way that will fully support and nurture.

Upon completion, participants will be able to create, guide, and practice a customized Restorative Yoga practice for themselves and others.

Yoga teachers will receive 13 CEU credit hours to submit to Yoga Alliance.

Cost:
Pre-Registration by January 3: $300
Cost of training after January 3: $350
Cost includes training weekend and a copy of *Relax & Renew* by Judith Hansen Lasiter

Bring: A Notebook and a camera (can be your phone)