

# 35-Hour Restorative Yoga Teacher Training

With Teacher Trainer: Karen Claffey

**October 24-27, 2019**

4 consecutive days Thu-Sun



*This training is designed for health care and mental health professionals, as well as for yoga professionals with either a 200- or 500-hour certification working towards upgrading their skills and level of certification. It is also open to anyone wanting to incorporate restorative practices into their work and/or personal lives including dedicated yogis, fitness professionals, manual and physical therapists.*

#### **Restorative TT Level 1 includes:**

- \* The science behind restorative yoga & the nervous system
- \* The energy body and its role in restorative yoga
- \* Essential elements in an effective restorative practice
- \* Effective use of props
- \* Sequencing restorative poses for therapeutic applications
- \* The art of meditation, and how to use visualizations in restorative yoga
- \* Practical teaching experience

#### **Registration & Contact Information:**

Tuition: Early Bird \$695 + HST Deadline August 15<sup>th</sup> | \$750.00 + HST after August 15<sup>th</sup>

Location: 188 Green Mountain Rd E, Hamilton-Stoney Creek, ON L8J 3A4

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