

Restorative Yoga Teacher Training and Restorative Yoga Workshop
With **Nora Benian** of **Yogaaah** at **FIO Space** 260 Waterloo Ave Guelph
Oct 19 - 21/2018 Fri. 5-9pm, Sat + Sun 10am-5pm \$450+hst



This 20 hour training (18 hrs in class and 2 hrs homework) includes a manual, video, and certificate of completion and offers 20 or 30 CEU's with Yoga Alliance.

Dive deep into relaxation and learn to teach restorative postures that can be integrated into existing yoga classes, healing treatments, or teach restorative specific classes. Experience a full series of restorative yoga postures through direct experience, practice assisting and teaching and receive feedback. **Option to upgrade to a 30hr cert.**

Who will benefit from this training?

Yoga Instructors, health practitioners and yoga practitioners wishing to expand their knowledge and teach restorative yoga classes as an added feature to their class offerings as well as teach Restorative specific yoga classes.

You will learn:

- the benefits of restorative yoga
- postures that naturally induce a state of relaxation and restoration
- to effectively support the body in each posture with props
- to support people with injuries, stress or chronic pain
- Restorative Yoga as a stand alone practice- Four 90 min. sequences
- to set up 25 postures with available props and verbal cues
- assess support and comfort of your students
- to ease agitation and promote relaxation
- suggest postures for particular therapeutic effects

To reserve your spot: send a 50% deposit through Paypal or email transfer to norabenian@mail.com Pay remaining in cash or cheque upon arrival

Restorative Yoga Workshop Sun. Oct 21 1-4pm \$50

Dive deep into restorative relaxation and healing rest for 3 hours.

Come melt, unwind, breathe into hidden spaces and find your inner bliss!

Registration required, pay full amount via PayPal (email above) or bring cash

To reserve your spot: send a 50% deposit through Paypal or email transfer to norabenian@mail.com
Remaining can be paid the same way or cash upon course commencement.

Commonly asked questions:

Do I need to be a yoga teacher to take this course?

Anyone in the healing professions, or a dedicated yoga student, yoga teacher in training or experienced yoga teacher would benefit from taking this course.

(There are workshop options for people who are curious or want to enjoy immersion in Restorative yoga).

What are CEU's? and who with?

CEU stands for Continuing Education Unit. A CEU is a unit of credit equal to a certain number hours (differing with associations) of participation in an accredited program designed for professionals with certificates or licenses to practice various professions. These CEU's are approved by Yoga Alliance which is an association which accredits yoga teachers that have completed the 200 hour Yoga teacher Training. Teachers are required to advance their training yearly and must log additional training hours or CEU's to keep up with your membership standing.