



LIZZIE LASATER - FINDING SILENCE

Restorative Yoga Teacher Training

Level 1 with Lizzie Lassater

26th-28th Jan 2018

COST: \$385

THIS EVENT IS BEING HELD AT One Heart Yoga Studio, Abbotsford Convent, Hellier Street

Booking: <http://reconnectyoga.com/events-and-workshops/>

Training Times

Fri & Sat 9:30am-5pm

Sun 10am-1pm

In Restorative Yoga we discover the secret to going slow, paying attention, and being still. In Restorative Yoga, we practice deep rest and listen to the rhythm of our own hearts. In Restorative Yoga, we emphasize “being” rather than “doing.” Our bodies know how to relax. Our bodies know how to heal themselves. Restorative Yoga is about giving our bodies time and creating the conditions for relaxation and healing to occur.

To teach Restorative Yoga we must first learn to practice Restorative Yoga. In this training, you will learn straightforward techniques for introspection and stillness. You will learn techniques to help your students soothe their overstimulated sympathetic nervous systems and find relief from the stress of their busy lives. Paradoxically, by giving your students the gift of intense rest, they will discover more energy for family, work, and creativity.

Open to yoga teachers and serious students from all styles. Details for certification here: <http://www.lizzielasater.com/certification>

ABOUT LIZZIE LASSATER

Lizzie Lasater teaches the pleasure of deceleration through Restorative yoga [workshops](#) and [digital trainings](#). Raised in San Francisco and educated as an architect Lizzie also creates a line of [spirit necklaces](#). She sometimes jokes that yoga "runs in the family" because her Mom, [Judith Hanson Lasater](#), co-founded Yoga Journal Magazine and has been teaching since 1971.

Here is a recent interview that Lizzie did with Lauren Tober on Gratitude -

<http://www.laurentober.com/podcast.html>

REQUIREMENTS FOR TRAINING

Required reading: "Restore and Rebalance: Yoga for Deep Relaxation" by Judith Hanson Lasater. (Publishing date: December 2017)

Students are required to bring their own props;

1 bolster, 5 blankets, 2 blocks and a strap.

Local participants are expected to bring all the required props.

Assistance for props will be available for interstate and international participants where possible.