



# JUDITH HANSON LASATER

## Restorative Yoga - Relax and Renew® Training

For Yoga Teachers and Serious Students of Yoga

February 18-21, 2009 – In Sunny San Diego

**Register Early - This Workshop always sells out!**

**Judith Hanson Lasater** PhD, PT, has taught yoga since 1971. Judith holds a Doctorate in East-West Psychology and is a Physical Therapist. Judith is President of the California Yoga Teachers Association, co-founder of Yoga Journal Magazine and serves on the Advisory Boards of *Yoga Journal* and the Yoga Research and Education Center.

Judith is the author of six books: **A Year of Living Your Yoga, Yoga Abs, Yoga for Pregnancy, 30 Essential Yoga Poses, Living Your Yoga, and Relax and Renew**. Judith studied with B. K. S. Iyengar in India and the United States, and travels and teaches worldwide, training yoga teachers in Kinesiology, Yoga Therapeutics, Restorative Yoga, and the Yoga Sutras. [www.judithlasater.com](http://www.judithlasater.com)

- **Training will cover the Physiology of Relaxation: The Physical, Emotional and Spiritual Aspects.**
- **Teaching Restorative Yoga and learning Yoga Therapy will open you up as a teacher, to be able to work with 90% of the population, not just the physically fit.**
  - **Restorative Yoga appears easy, but is highly effective and deeply healing. It may be the “deepest “ yoga you will ever experience.**
  - **Restorative yoga poses help us learn to relax and rest deeply and completely. Deep relaxation benefits all the organ systems of the body.**
- **The list of relaxation’s measurable results include improved immune function, digestion, fertility, elimination, and the reduction of blood pressure, muscle tension and generalized fatigue.**

You may take the workshop for learning, only. **Or, if you wish to be certified as a Relax and Renew Trainer**, you must attend all sessions (no exceptions), complete a project (to be assigned; and submitted by mail approximately six weeks after the workshop) and include a \$100 check at the time of submission to secure a lifetime listing on [www.restorativeyogateachers.com](http://www.restorativeyogateachers.com)

**Required Props: 1 Round and 1 Rectangular bolster, 4 blankets, 2 blocks, strap, eye pillow.**

*(Bring with you or purchase in San Diego)*

**Required Reading: *Relax and Renew: Restful Yoga for Stressful Times*, Judith Lasater**

**Recommended Reading: *Blink*, Malcolm Gladwell (Back Bay Books).**

**Stay for 30 more hours of Gentle-Restorative Training with Lanita Varshell, owner of A Gentle Way Yoga Center in San Diego, California.**



Founder of  
**A Gentle Way Yoga & Joyful  
 Movement Center in  
 San Diego, California**

Lanita Varshell, E-RYT 500, has been a student of Judith Lasater for many years.

Fondly referred to by her students as “the queen of relaxation and inspiration,” she has been modifying traditional yoga for the plus sized and health challenged student since 1995.

Yoga found Lanita when she was severely ill with fibromyalgia, chronic fatigue, weight and back challenges.

She has used gentle and adaptive yoga to heal her own body and helped thousands of other students find peace and healing through yoga.

[www.agentleway.com](http://www.agentleway.com)

**Come to Judith Lasater’s Restorative Training  
 in San Diego, and stay for:**

**February 22-26, 2009**

**30 hours of Gentle Yoga Training with  
 Lanita Varshell & A Gentle Way Staff**

- **Taking Restorative Yoga into Your Classrooms**
- **Teaching Restorative Yoga to Beginners**
- **Teaching Restorative Yoga to Plus Sizes**
- **Teaching Restorative Yoga to Students with Chronic Illnesses**
- **Restorative Yoga without Props –  
 Introduction into “Meditation in Movement Style”**
- **Class Sequencing – Making sure to Counter Pose**
- **Combining Restorative and Gentle Yoga Poses**
- **Combining Restorative and Hatha Yoga Poses**
- **Teaching Multi-Level Classes**
- **Why Restorative Yoga is so important for our health.**

**Deposit Due: One-half of total fees to reserve your space. Final balance due no later than January 13, 2009.**

**Early Bird Savings: Take \$50 off one or \$150 off both Workshops by paying in full by November 18, 2008.**

\_\_\_\_\_ \$650 20 HRS. - JUDITH LASATER - RELAX & RENEW TRAINING ONLY

\_\_\_\_\_ \$500 30 HRS. - LANITA VARSELL - A GENTLE WAY TRAINING

\_\_\_\_\_ **\$1150 50 HRS. – BOTH TRAININGS**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

**Payment Method & Cancellation Policy: Checks preferred. Add 5% for Visa or MC payment.**

Cancellation fees: \$50 minimum if 90 days or more prior to February 18, 2009; \$100 minimum if 89 days or less prior to February 18, 2009.

Any additional amount refunded (if any) depends on ability to fill your space.

\_\_\_\_\_ I am bringing my own props. \_\_\_\_\_ Please provide information about purchasing a prop package.

\_\_\_\_\_ Please help me with nearby hotels. \_\_\_\_\_ I am interested in room sharing.

**Send to: A Gentle Way Yoga Center, 5316 Baltimore Drive. La Mesa, CA. 91942 619-698-1170**