

Gentle & Restorative Yoga Teacher Training

30 Hour Certification Program

With Glenda Sartore

July 9-13, 2012

Monday to Friday

9:00am - 4:00pm daily

(includes 1 hour lunch)

Tuition \$515



This workshop involves: • gentle asana • small-group work • practice teaching sessions • discussion.

Opportunity to explore: • adaptations of yoga postures/practices • chair based yoga • physiology of stress and relaxation • traditional yoga wisdom to support a gentle and restorative practice.

Learn how to teach gentle and restorative yoga. Supportive for seniors, those experiencing illness, recovering from injuries and suffering symptoms of stress.

For Yoga Teachers and yoga students with a minimum of 1 year yoga experience.

Certified Yoga Teachers may earn a certificate in Gentle/Restorative Yoga upon successful completion of all components of the training.

Register:

780-416-4211

www.yogafortoday.ca



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Sherwood Park