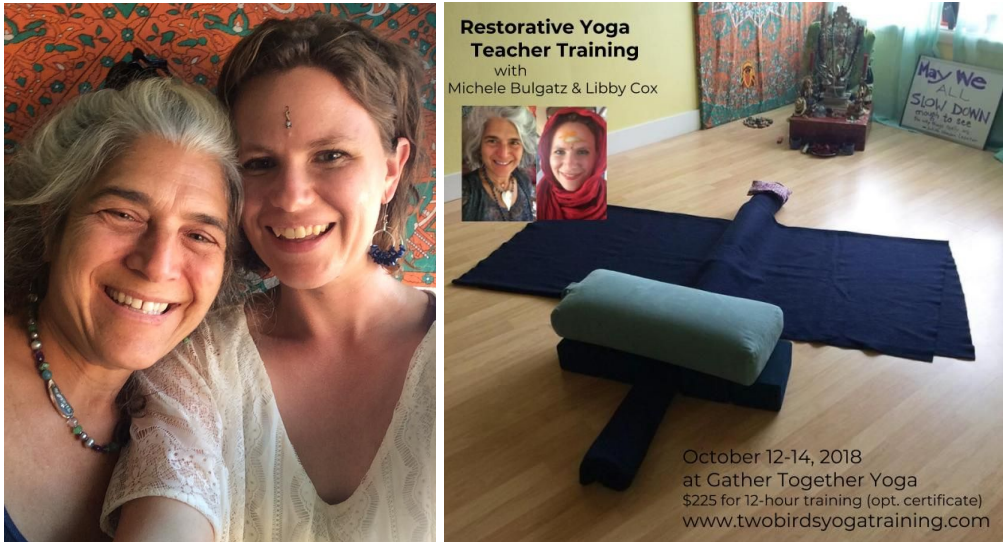


Course Description

Restorative Yoga: Practice and Teaching with Michele Bulgatz and Libby Cox



12.5 hours

At [Gather Together Yoga](#)

Read about Michele [HERE](#)

Read about Libby [HERE](#)

Fri-Sun October 12-14, 2018

Friday 7pm-9:30pm

Saturday 11am-6pm

Sunday 11am-3pm

Contact

Libby Cox at icanseethatstar@gmail.com,

or call (512) 775-4159

for more information or to register.

Schedule

October 12th, Friday night 7-9:30pm

- Restorative Yoga practice.
- Learn 4-7 basic restorative yoga postures to practice and cater to your individual physiology.
- This practice can help reduce stress and fatigue on the central nervous system.
- Open to the public for \$25 drop in.

October 13th, Saturday 11am-6pm

- 11:00am - 3:00pm Restorative Yoga theory
 - Learn some of the main principles behind the practice of restorative yoga, and techniques for teaching restorative yoga and gentle yoga postures, using various arrangements of props such as bolsters, blankets, blocks, straps, eye pillows and sandbags. The theory portion of the practice will also address ways to adapt the physiological practice to accommodate different body constructions, as well as how to teach these postures without a full store of props.
- 4:00-6:00pm Restorative Yoga Practice. Open to the public at \$25 drop in rate

October 14th, Sunday 11am-3pm

Sunday's class will be a clinic with demonstrations and practice teaching of these basic restorative yoga postures. Even if you're not interested in teaching, please come to participate in demonstrations, and let the instructors and teachers-in-training facilitate a restorative practice for you.

Cost:

- \$225 for 12.5 Hours, with certificate, for YACEP or toward your 300-hour certificate through Two Birds Yoga Training

- \$17 per credit hour to drop into Friday, or Saturday only. (Sorry, no Sunday-only participation)
- \$25 to drop into led public restorative classes, Friday night 7:00-9:30pm, Saturday 4:00-6:00pm

Additional Information

“May we all slow down enough, to see the way things really are.” - Judith Hanson Lasater

Restorative Yoga is a practice of active muscle relaxation. Based on Hatha Yoga, restoratives aid in restoring the nervous system to its relaxed state, and can help yoga students understand the process of caring for injury or dysfunctional / repetitive movement patterns.

Join Michele Bulgatz and Libby Cox for this 12.5-hour course on the practice and teaching of restorative yoga. Our time together will include:

- Individualized and teacher-supported restorative yoga practice, to understand the benefits of restoratives for your own nervous system and physiology
- Assisting Michele and Libby in restorative yoga class for the public, and
- Lecture and discussion of the anatomy and physiology of Restorative Yoga as taught by Judith Lasater and BKS Iyengar

Two Birds Yoga Training is a Registered Yoga School at the 200 and 300 hour level with the Yoga Alliance, and a Continuing Education Provider for Yoga Alliance accreditation.

Course Materials

Book available for purchase during the training, or purchase your own in advance:
Restorative Yoga Visual Guide by Lindsay Sisti.