

Judith Hanson Lasater Workshops Australia – August 2012



Relax and Renew®: Learning to Teach Restorative Yoga (Level One)

Saturday – Tuesday 4-7 August 2012

Sydney CBD

Cost: \$650 or (\$600 early bird when paid by 31 January 2012)

Restorative yoga poses help us learn to relax and rest deeply and completely. During deep relaxation, all the organ systems of the body are benefited, and a few of the measurable results of relaxation are the reduction of blood pressure and the improvement of immune function, as well as improvement in digestion, fertility elimination, and the reduction of muscle tension and generalized fatigue.

In this 4 day/22 hour workshop we will learn the art and skill of teaching Restorative yoga. All aspects of the subject will be covered, including the physiology of relaxation, the physical, emotional and spiritual aspects of Restorative yoga, special poses for menstruation, pregnancy and menopause, and how to sequence and teach a class in Restorative yoga. The workshop is open to all teachers and dedicated students, However if you wish to become certified as a Relax and Renew® Trainer, you must attend all sessions (NO exceptions), and complete a project to be submitted by mail approximately six weeks after the workshop (additional fee applies).

To register contact: Alison Parker yogaknitdra@gmail.com or 0404851126

Rotator Cuff: Anatomy and asana for the Shoulder Joint

Saturday – Tuesday 11–14 August 2012 (4 days)

Melbourne, Brighton

Cost: \$600 or (\$550 early bird when paid by 31 January 2012)

The shoulder is not only an important joint in the body, but it is also an important symbol of our strength and our ability to succeed in the world. The position of our shoulders instantly telegraphs our mood to the world. Because of the importance of this area in the body, many yoga postures focus either on strengthening or on stretching the shoulders.

This workshop will begin with the basic principles of the "rotator cuff", both through a presentation of the basic anatomy and kinesiology of the shoulder. After this introduction, MOST of our time will focus on practice about the shoulder joint, with attention paid to the other parts of the body that are related: spine, abdomen, head and chest. The emphasis is on learning in order to apply what we have learned immediately to our practice and teaching. Practice will include both Active Postures and Restorative postures. For teachers and serious students.

To register contact: Caroline Stuart anatomyforyoga@gmail.com or 0401049291