



Judith Hanson Lasater

Applied Therapeutics & Restorative Yoga

April 24 - 28, 2010 ~ Yellow Springs, Ohio

Applied Therapeutics: How to Practice Any Pose

Every student is unique. Every pose is unique. So how can we as teachers bring these together? The morning sessions of the workshop will be about our own Active Practice with an exploration of the therapeutic principles we need to understand in order to translate the poses to students of all levels and all abilities. Sometimes we will focus on anatomical and kinesiological principles, sometimes on the energy of the pose, sometimes on the psychology of the pose. But our focus will be on practicing for ourselves and learning for our students.

Restoring Ourselves: Becoming a Living Gift to the World

Without question, knowing how to rest deeply is extraordinarily needed in our culture today. Everyday in the afternoon of the workshop we will do Quiet Practice of mostly Restorative yoga poses. Some new ones, some old ones, and some we make up on the spot. When we are deeply rested and fully present, we become an invaluable gift to the world.

Judith Hanson Lasater, Ph.D. is a Physical Therapist and holds a doctorate in East-West Psychology. She has been teaching yoga since 1971 and trains students and teachers all over the U.S. and internationally. She helped found the Iyengar Yoga Institute of San Francisco as well as the internationally known *Yoga Journal* magazine. She was given a Senior Teaching Certificate from BKS Iyengar in 1983. Judith is the best-selling author of *Relax and Renew: Restful Yoga for Stressful Times*; *Living Your Yoga: Finding the Spiritual in Everyday Life*; *30 Essential Yoga Poses*; *Yoga Abs*, *Yoga for Pregnancy*; and *Yogabody: Anatomy, Kinesiology and Asana*. All published by Rodmell Press.

Cost: Teaching fee is \$595. (Early-bird discount is \$570, if paid in full by February1). A \$100 non-refundable, non-transferable registration fee is required to hold your space.

Weekend Option: \$295.

Refund Policies: Tuition will be refunded, less the \$100 registration fee, if a request is received before March 24. No refunds will be made after March 24 unless someone can take your place.

Times: 10:00 am-12:30 pm & 2:30 pm-4:30 pm; except Wednesday: 9:30 am-12:00 pm & 1:00 pm-3:00 pm

Location: Bryan Community Center Gym, 100 Dayton St., Yellow Springs, Ohio 45387

Info: Patricia Schneider – Phone: 937-767-7727 **email:** patricia@brainfingers.com

Name _____ E-mail _____
 Address _____ City _____
 State _____ Zip _____ Phone _____

Judith Hanson Lasater Workshop: Please make deposit or full payment check payable to Patricia Schneider
 And mail to: 1350 President Street, Yellow Springs, Ohio 45387