

Yoga Spirit Academy

Ayurvedic Yoga Teacher Training

Restorative Yoga

Meeting Dates: January 20-21, 2018
 February 24-25
 March 10-11
 April 7 (make-up and review)
 Saturday and Sunday, 1:00-7:00pm

Instructor: Janet W. Parachin, Ph.D., C.Y.T.

Janet has completed over 1500 hours of teacher training in anatomy, restorative and therapeutic yoga, therapeutic Pilates and Ayurveda. She is a Yoga and Ayurveda Wellness Consultant certified by the American Institute of Vedic Studies. She is certified by Judith Lasater as a Relax and Renew® trainer. She is Director of Yoga Spirit Academy and co-founder of Tulsa Yoga Meditation Center. She teaches so that all may know freedom in body, mind, heart and spirit.

Description

This course explores the theory and practice of Yoga that restores and renews body, mind and spirit. Topics include prop-supported restorative Yoga, Yin Yoga, Yoga Nidra, and practice teaching. Participants will be able to teach restorative postures and practices to individuals and in group settings.

Attendance requirements

Students who complete all 50 hours will receive a certificate of completion. Students can miss two days (or one weekend) of the course. Missed classes may be made up by attending the designated make-up day and through a combination of private sessions and written assignments. Private sessions cost \$80 per hour; written assignments cost \$50 per assignment. There is no additional charge for the scheduled make-up day.

Location

Classes meet at Tulsa Yoga Meditation Center, 5319 S. Sheridan Road, in The Farm Office Building, 51st and Sheridan Road. Located off Sheridan Road, look for the YOGA sign across from Pier 1 Imports.

Prerequisite

Prospective students are asked to submit an application for the Ayurvedic Yoga Teacher Training Program. The prerequisite for enrollment is one of the following: completion of at least 100 documented hours of yoga teacher training from any yoga school or 300 documented hours of yoga teaching.

Tuition

Tuition for this course is \$750. A \$50 deposit is due with the Enrollment Agreement. There are two payment options: 1) Remaining \$700 due by January 13. 2) Two payments in addition to the \$50 deposit: \$370 due by January 13, and \$350 due by February 24. (Includes a \$20 late fee)

Discount tuition

Students who previously paid full tuition for the course may enroll at the discounted rate of \$375 (\$50 to enroll and \$325 due by January 13). Payments received after January 13 will incur a \$20 late fee.

Enrollment

To enroll in this course, submit a completed Enrollment Agreement and a \$50 deposit. The Enrollment Agreement is available from the Director or an electronic version is available on the school website. Registrations will be accepted until the course is full.

Required books and supplies

Clark, Bernie. *The Complete Guide to Yin Yoga: The Philosophy and Practice of Yin Yoga*. (White Cloud Press, rev. ed., 2012) ISBN: 1935952501

Choose one of these two books by Judith Lasater:

Lasater, Judith Hanson. *Relax and Renew: Restful Yoga for Stressful Times*. (Rodmell Press, 2005 or 2011) ISBN: 0962713848 (2005) or 1930485298 (2011)

Lasater, Judith Hanson. *Restore and Rebalance: Yoga for Deep Relaxation*. Shambhala Press, 2017) ISBN: 161180499X

Miller, Richard. *Yoga Nidra: Yoga Nidra: The Meditative Heart of Yoga* (Sounds True, 2005 or 2010) ISBN: 1591793793 (2005) or 1591797586 (2010)

Supplies: Two 4" yoga blocks (dense foam or cork), One 10' yoga strap, 6 yoga blankets, One large round or rectangular yoga bolster, One eye pillow

Questions

Janet W. Parachin, Director
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