



# RESTORATIVE YOGA Foundations

## Teacher Training & Experiential Intensive

### *Discovering the Powerful & Profound Healing Practice of RESTORATIVE YOGA*



Restorative yoga is a powerful healing practice that regulates the nervous system by slowing it down, naturally relaxing both the mind and body. It is a simple, gentle approach practice that makes yoga accessible to a wider range of people with varying abilities and health conditions. This 20-hour foundation training in Restorative Yoga is a great first step to expanding your practice repertoire as a teacher and practitioner. It is an interactive, experiential training that is beneficial to teachers of all yoga disciplines, healing practitioners, and all yogis who want to expand and deepen

their personal practice. During this course you will study:

- A general introduction to restorative yoga
- The effects of stress and how it relates to a restorative yoga practice
- Foundation restorative postures and flow sequences that naturally support a state of restoration
- How to effectively support the body in each posture with props
- How restorative yoga helps enhance overall health and encourages people with injuries, stress or chronic pain to regulate and heal
- Restorative Yoga as a standalone practice
- How to effectively integrate Restorative Yoga postures into other Yoga practices

Knowing how to teach restorative yoga will give you the tools to welcome students of all ages and physical states, and allow them to experience yoga in the safe and beneficial way.

### General Information

Duration: 20 Hour Intensive

Location: Empower ME Yoga Studio & Teacher Training Academy  
1712 Carling Avenue, 2<sup>nd</sup> Level  
Ottawa, Ontario  
(613)695-7211

Dates: Friday, September 30 6:00 pm – 10:00 pm  
Saturday & Sunday, October 1 & 2 11:00 am – 7:00 pm

Course Fee: \$375.00 (+ HST)

## Registration

For more detailed information regarding this course or to register for the teacher training program, please contact Marla directly: E-mail: [marla@empowermeyoga.com](mailto:marla@empowermeyoga.com)

## Distinguishing Features

- This weekend intensive course is a comprehensive introduction to the practice of Restorative Yoga facilitated by Anne Pitman and Marla Ericksen.
- Anyone can take this workshop, it is appropriate for teacher training purposes as well as personal interest and yoga practice enhancement.
- This course qualifies for Yoga Alliance CEU's. Any yoga teacher may take this course and independently apply for continuing education credit.
- This workshop is qualifying module for the RYT® 500-Hour Advanced Studies Certificate.
- Candidates can apply and register for the RYT® 500-Hour Advanced Studies Certificate at Empower ME Yoga Academy within six months of completing this course and receive credit for this module.

## Instructors: ANNE PITMAN & MARLA ERICKSEN



Anne Pitman is well known for her innovative and mindful approach to movement and yoga. Acknowledging the body as the teacher, she has created many unique programs over the past 25 years of teaching, including Shanti Yoga, Shanti Prenatal, Empower Dance, Open (body) Space, Moondance, Restorative Yoga, Cycle Yoga and Intuitive Dance and Yoga. She has been trained in the Scaravelli approach to Yoga and is influenced by Feldenkrais, Trager, Sensory Awareness, Continuum and BodyMind Centering. Anne holds a Masters degree in Human Kinetics and is on the faculty of the Empower ME Yoga Teacher Training academy in Ottawa.



Marla is a versatile and spirited presenter who thrives on entertaining, educating and empowering people through the imaginative fusion of fitness and Yoga. She accepted the prestigious Canadian Fitness Presenter of the Year award in 2002 and 2007 from the Canadian Association of Fitness Professionals. Marla is an authentic expression of her diverse and rich experience in the fields of fitness and Yoga. In the fitness realm, Marla is creatively pioneering the mind-body movement with reverence to the wisdom traditions. As a yoga teacher, her style reflects an appreciation of the principles that govern human performance while encouraging transformation through embodied presence. Marla is the owner and director of teacher Training at Empower ME Yoga.