

# FINDING SILENCE: 18-HOUR RESTORATIVE YOGA TRAINING

*with Lizzie Lasater*

June 2nd - 4th, 2023

10:00 - 17:00\*



\*one hour lunch break

\*Make it a 50-hour training with 32 additional hours online!!

Restorative yoga is not about stretching.

It's about opening.

Opening:

To the breath,

Into my interior landscape,

To the feelings I'm ignoring,

To silence,

And to this moment.

*This workshop will be taught in English*

*\* 300-hour TT compatible*



ASHTANGA YOGA PARIS

[www.ashtangayogaparis.fr](http://www.ashtangayogaparis.fr)



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In Restorative yoga we reduce the amount of stimulation to the nervous system, so you can increase your interoceptive awareness, train your ability to focus, reconnect with your intuition, and ultimately live a more joyful life.

In a culture obsessed with acceleration, Restorative yoga helps us discover the joy of going slow, paying attention, and being still. When we do, we give our bodies time for nourishing relaxation and holistic healing to occur. It is a radical practice of deep rest and listening to the rhythm of our own hearts.

This teacher training is a targeted look at the theory, alignment, sequencing, and energetics of Restorative yoga. Learning to teach Restorative yoga is, first and foremost, about learning to practice Restorative yoga. Minimalist in spirit, much of this work is in fact about less: less music, less talking, less distraction, fewer poses. It's all in the service of giving ourselves time to rediscover a rich interior landscape.

In this training you will learn to:

- Invite more space, stillness, and silence into your own body.
- Reconnect with your innate ability to relax and to heal.
- Support your students finding silence in the midst of our cacophonous culture.
- Teach supported inversions - advanced poses for quieting the mind.

Open to yoga teachers and serious students from all styles. Required reading: [Restore and Rebalance: Yoga for Deep Relaxation](#) by Judith Hanson Lasater.

Required equipment: We have many props at AYP but in addition to what we have for each student, we ask that you please bring:

- 4 blankets,
- 1 block,
- notebook

(we have yoga mats & eye pillows, but if you prefer your own, bring those as well)



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Once you have registered for in the in-person portion, you may increase the training to a 50-hour Restorative Yoga training. Extended hours include 2-hours live session plus 30-hours pre-recorded. Tick the box if you are interested and we'll forward the details with your confirmation.

### \*\*\* ABOUT LIZZIE \*\*\*

Lizzie Lasater believes that we are all already Buddhas, we just don't know it yet. She learned yoga from her mother, Restorative yoga pioneer and Yoga Journal Magazine co-founder, Judith Hanson Lasater. Raised in San Francisco, Lizzie lives in the Alps with her Austrian husband.



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Please fill in and send with full payment:

**FULL NAME:**

**FULL ADDRESS:**

**PHONE NUMBER:**

**EMAIL ADDRESS:**

### WORKSHOP PRICE:

**Early Bird (before January 31, 2023):**

☐ FULL workshop: 390 €

**Normal (after February 01, 2023):**

☐ FULL workshop: 450 €

### PAYMENT OPTIONS:

- ☐ Online: Secure payment by credit card (only FULL workshop registration).  
Visit: [www.ashtangayogaparis.fr/2023-lizzie-lasater/](http://www.ashtangayogaparis.fr/2023-lizzie-lasater/)
- ☐ Bank transfer: Please contact us for instructions and our bank details.
- ☐ Check (check labelled to "Ashtanga Yoga Paris") Amount : \_\_\_\_\_€
- ☐ Cash - Amount: \_\_\_\_\_€

\*Payments of 30 euros or less are non-refundable.

\*An admin fee of 30 euros will be deducted for cancellations made more than 21 days before the workshop.

\*Only half of the sum paid will be returned 8 to 20 days before the workshop.

\*The sum paid is non-refundable 7 days before the workshop.

\*We don't accept transferring of a paid reservation to another person after 2 weeks before the workshop.

\*We advise to those coming from out of Paris to purchase travel insurance as travel issues will not change this policy.

\*Medical issues will also not change this policy.

As the teacher is confirming their presence and is guaranteed the amount of people who are attending 21 days before, we ask for your understanding of this policy.

Please sign and date in acknowledgement of the cancellation policy above.