



# 18 hr Restorative Yoga Teacher Training with Allie Geer @ The Hidden Yoga Studio

**About The Training:** In this course participants will receive an in depth understanding into the Art of teaching Restorative Yoga. We will look at the anatomy and physiology of the Nervous System. Energetics and the stress/relaxation response. You will learn how to create and lead a well balanced restorative class in a private or group setting, using props and optimal support for your students. We will discuss how to creatively weave meditation and pranayama into the class guiding students into a deeper state of relaxation.

**When:** November 16-18 ; Friday 6-9 pm Saturday 12-7pm Sunday 10:30-4:30 pm 2 Additional Non-Contact Hours

**Where:** The Hidden Yoga Studio in Niwot, Colorado

**Cost:** \$325 Early Bird thru September 30, \$375 after. Must be paid in full before training begins

**Other:** Participants will Receive 16 Contact hours, and 2 non-contact hours through Yoga Alliance. This training is geared toward yoga teachers but open to the public

For more more information contact Allie directly  
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E-RYT 200, RYT 500, RPYT, YACEP



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