

How to Use Restoratives: The Healing Therapy of Yoga

~ A workshop for yoga teachers and experienced practitioners WITH LUCY HOLMES & ROBIN BUCK ~

Saturday Dec. 12, 2009

1:00 - 4:00pm

Cost: \$45

\$40 if registered by Dec. 1

Location:

Jane's House of Wellbeing

1112c First Capitol Dr.

St. Charles, MO 63301

636.255.9642

www.janeshousestudio.com

Space limited to 20;

Please register in advance.

No refunds after 12/11/2009



Registration: Payment by Cash, Check, Visa, or MasterCard to:
Jane's House of Wellbeing
1112c First Capitol Drive
St. Charles, MO 63301
636.255.9642
www.janeshousestudio.com

For More Info Contact Lucy:
Phone: 314.614.3187
E-mail: expyoga@juno.com
www.wellspringyogastlouis.com

Please include the following:

Name _____

Address _____

City/ST/Zip _____

Phone/E-mail _____



This workshop on the healing and therapeutic aspects of restorative yoga asana offers a practical yet deeply nurturing look at the benefits of this practice. Participants will be given a how-to methodology by learning a simple "squeeze and soak" sequence designed to massage the body internally and relax, renew, and restore its systems. Wall work will be included to further knowledge and understanding. Intended for yoga teachers as well as experienced practitioners, the workshop will be both experiential as well as instructional, so be prepared to fold blankets and lie still a lot! A hand-out will be provided to participants.

Workshop provides 3 hours C.E.U.s for Yoga Alliance Registered Yoga Teachers

Lucy Holmes, E-RYT 500 has some 2,000 hours of professional training in yoga, A&P, and Massage Therapy, and has been teaching since 1993. Her influences include intensive study of Iyengar, Astanga, Anusara, and Kripalu styles of Hatha Yoga; currently she studies Hatha Yoga with Mary Paffard and Dynamic Yoga with Matthew Krepps and Robin Buck. Her teaching style is informed by a love of nature, music, Buddhist philosophy, and Katherine Dunham dance, as well as 16 years as a professional, certified massage therapist. She offers to each student the empowerment of discernment, compassion, and Self-study.

Robin Buck is owner of Jane's House and a Registered Yoga Teacher with the National Yoga Alliance. Robin initially studied Kripalu Yoga; she then continued to deepen her knowledge with Dynamic Yoga Method as taught by Matthew Krepps. She received her 500 hour certification in 2002. Robin incorporates attention to alignment, vinyasa and breathing awareness while drawing the student's attention to the balance of effort and surrender. With her deep passion for keeping yoga in its purest form, she shares the benefits that come from this ancient practice while allowing each student to have a unique experience.