

# Living Your Yoga



w/ Judith Lasater

October 2-3, 2009

@ The Woman's Club, Spokane

**FRIDAY, OCTOBER 2ND, 10AM-12:30PM & 1:30-4:00PM**

**RELAX AND RENEW: THEORY AND PRACTICE OF RESTORATIVE YOGA**

We work very hard in our lives, and while we may sleep, we rarely take time to rest deeply. Restorative yoga poses are special poses which use blankets and bolsters to help us relax and rest deeply and completely. During deep relaxation all the organ systems of the body are allowed to rest. Measurable results of relaxation are the reduction of blood pressure and the improvement of immune function, as well as improvement in digestion, elimination, and the reduction of muscle tension and generalized fatigue.

Restorative poses are simple, satisfying and pleasant to practice. But the benefits are profound, whether we are ill or just "stressed out". Learning to give ourselves the gift of 20 minutes of quiet relaxation and reflection each day is one of the most powerful things we can do to improve health and change the world. We will learn many poses that can induce the deepest states of relaxation and ease. These classes will be devoted to studying the theory and practice of Restorative yoga. Part of this training will be personal experience of the poses and part will be the discussion of the theory of Restorative yoga.

**SATURDAY, OCTOBER 3RD, 9:00-11:30AM & 12:30-3:00PM**

**LIVING YOUR YOGA**

What we do "on the mat" is given perspective by how we live our lives off the mat. In this workshop we will use a short discussion from the Yoga Sutra, active asana practice, as well as restorative yoga, pranayama and meditation to create a juicy and livable practice to take home.

The first class will focus on an "active" practice, moving, strengthening, warming with awareness and fun. Included will be such poses as standing poses and backbends. After a short break, we will return to the mat for a "quiet" practice of meditation, pranayama and Restorative yoga. This well-rounded practice will serve to center and inspire us as we open our hearts to living well in the world.

## **BIO**

*Judith Hanson Lasater, Ph.D., and Physical Therapist and internationally-known yoga teacher, has taught yoga since 1971. She is a founder of the Iyengar Yoga Institute in San Francisco, CA, as well as Yoga Journal magazine. Ms. Lasater frequently trains teachers in virtually every state of the union and is often an invited guest at international yoga conventions. She is president of the California Yoga Teachers' Association as well as the author of numerous articles on yoga and health for nationally recognized magazines. She is the author of A Year of Living Your Yoga (2006), Yoga Abs (2005), Yoga for Pregnancy: What Every Mom-to-Be Needs to Know (2004), 30 Essential Yoga Poses: for beginning students and their teachers (2003), Relax and Renew: restful yoga for stressful times, Living Your Yoga: finding the spiritual in everyday life and Yogabody: Anatomy, Kinesiology and Asana (due May 1, 2009).*