



The Piedmont Yoga Studio is pleased to present:

# Theory & Practice of Restorative Yoga

with  
**Judith Hanson Lasater, Ph.D., P.T.**



**Saturday, November 20th**

**10-12:30** (break for lunch)

**1:30 – 4:00 pm**

**Piedmont Yoga Studio, Studio 2**

**Registration: \$135 by Oct. 1, \$140 thereafter**

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

In this workshop we will begin with a short lecture about the practice and effects of Restorative yoga. The rest of the day will be focused on practicing.

For all levels of yoga students. PYS has a lot of props but it would be appreciated if you could bring your own mat, eye bag, and a blanket or two and a couple of blocks.

**Judith Hanson Lasater, Ph.D., P.T.**, has been teaching yoga all over the world since 1971. She is the author of eight books, including *Relax & Renew* and her latest book, *Yogabody: Anatomy, Kinesiology, and Asana*.

Registration: **Theory & Practice with Judith Hanson Lasater, Ph.D., P.T.**

Fee: \$135, Early Registration (before 10/1/10) \$140 thereafter • Saturday, Nov. 20 • 10:00-12:30 pm, 1:30-4:00 pm • Studio 2

Name \_\_\_\_\_ Daytime Phone \_\_\_\_\_

Address \_\_\_\_\_ Evening Phone \_\_\_\_\_

City/State, Zip \_\_\_\_\_

E-mail address \_\_\_\_\_

Workshop fee: \$140. Cancellations prior to Nov. 1 will be refunded workshop fee minus a \$15 administrative fee. No refunds on or after Nov. 2.  
Make checks payable to: Piedmont Yoga Studio and mail with this registration form to Piedmont Yoga Studio, P.O. Box 11458, Oakland, CA 94611.