



Yoga Therapy: Bend-2-Mend Dynamic Restorative Weekend Training (4-days; 9am - 6pm)

\$645 early bird; \$695 regular

This training not only greatly expands your knowledge as a yoga teacher, but can develop in you, more possibilities of how you wish to teach and be of service through yoga.

The four days are full of learning, exploring and understanding Yoga Therapy from a dynamic and therapeutic restorative perspective -- learning both stimulating and pacifying treatments to help correct imbalances physically and emotionally, and restore general well-being. Using her decades of experience of Iyengar yoga schooling, [Leeann Carey](#) authored the program so that it can be easily taught either in a classical hatha yoga studio, group fitness environment or one-on-one. You will learn how to teach traditional supported yoga poses using all recommended props, combined with current methodologies of yoga and class development to meet the needs of your demographics.

Topics Include:

- Theory of Bend-2-Mend Dynamic Restorative Yoga
- General Principles of Dynamic Restorative Yoga
- Sequencing Steps
- How To Use Props
 - Which prop & why
 - Strategic prop adjustments
- Restorative Poses for Doing - (Stimulating)
- Restorative Poses for Being - (Pacifying)
- Restorative Poses to support
 - Pranayama
 - Injuries
 - Women
 - Athletes
- Restorative Eastern Approach
 - Chakra
 - Three Koshas