

Foundation Restorative Training - offered since 2003

[Yoga Alliance Certified]:

Restorative yoga is a powerful, simple healing practice that regulates the nervous system by slowing down, naturally releasing the layers of tension in which we hold—physically, emotionally & mentally. Its very nature is non intrusive, simply inviting us to surrender to the intelligence of the body—returning to our innate state of being.

This 35-hour module focuses on the foundation, principles and approach of Restorative Practice. Designed to be an interactive experiential training, this course is taken by teachers of all yoga disciplines, healing practitioners, as well as students who want to deepen their personal practices.



Module Content:

- Understanding the process of slowing down and how it relieves the effects of stress
- Restorative as a therapeutic & self-regulating practice
- A solid foundation of classic postures, benefits and effective propping
- Class Sequencing & flows
- Aspects of The Art of Teaching - Language, Ethics & Hands-on Contact
- How to effectively integrate Restorative Yoga within another modality
- Time to embodying practice

To register: info@thepathyoga.com or call 604.562.1944

Restorative Teaching Team:

Swan - Yoga Therapist



Swan is the founder and director of The Path Yoga Centre in Vancouver. She draws on over 20 years of studies in the Western and Eastern practices and philosophies. Her teachings of Yoga and Meditation over the last 20 years have created a strong learning environment for her students to study a well rounded practice of the anatomical, the mental and the spiritual realms of practice.

She is passionate about integrating Mindfulness practice into her teachings and understands meditation as the ground out of which Yoga arises. Her teachings of the asana practice integrate the application of tensegrity, which evokes ease and stillness in the movement. Swan's most influential teachers and mentors include Donna Farhi, Gioia Irwin, Reggie Ray, Thomas Myers, Thich Nhat Hanh and Adayashanti. Swan teaches studio classes and maintains a busy yoga therapy practice in Vancouver.

Wendy Eyton - (RCST®, E-RYT 500, BCST)



Teaching the art of slowing down, naturally surrendering to the innate intelligence of the body, is Wendy's passion and life's work. Deeply influenced by her comprehensive studies of yoga & health while simultaneously imbedded in the entrepreneurial business world – both providing vast knowledge of health, the nervous system, stress & chronic pain.

Her passionate approach is inspired by the intuitive nature of restorative yoga, that reaches people of all levels, practices, ages and abilities. Wendy has been teaching Restorative Workshops, Trainings, Private Practice Classes in Vancouver, Ontario & Mexico for the last 10 years.

Student Testimonials:

"Thank you for imparting so much knowledge & for doing it in such a gentle, articulate and inclusive manner... this course has been a major catalyst in many peoples transformations." **Emily , Yoga Teacher, Calgary**

In addition to learning the foundation practice of restorative, one of the biggest gains from the training, for me, was the languaging, and the boundaries in which to communicate successfully with those we teach. Our societal communication skills are so broken down, that the skills and insight gained through this Foundation Training has provided me with a new approach in which I can develop my teaching style thoroughly and thoughtfully...mindfully. I am confident in what I have learned as a whole. **Abigail - September 2012 - Studio Owner, Tennessee USA**

This training was so good. So good that it change me, my yoga practice and my life. It gave me a map to being, using the body as a vehicle. And it was such an environment of "love", which allowed in the most amazing way for me to really Let Go - which you don't really get in other trainings. This training with Wendy & Swan touched me and connected me to higher place. I am so grateful. **Kumi - July 2012 - Yoga Teacher, Japan**

I just wanted to express to you again my deepest gratitude for this training. I gained so much from it and enjoyed it tremendously. I am even more excited than I was before about the personal journey that this is taking me on- what I love most is the ability not to grasp at it. It is just moving at the pace that feels so natural. I am having fun integrating and processing all the bits of last week. I love that it feels so intuitive and right. Ease. I had this amazing experience the other day. No words, just hanging out in waterfall pose and being- "Being to Being". What a gift! Wendy and Swan- I am so grateful to have met you. **Joanna - July 2012 - Practitioner of Yoga, Vancouver**

Because of this workshop, I had released many of my fears and now I'm moving on. Restorative yoga is going to be part of my practice and my teaching, because I believe that it is very much needed to be widely promoted to the busy society so that everyone has a chance and choice to relax and release all stress that created problems in our bodies. I am very thankful to took this workshop Wendy & Swan, thank YOU!! **Michelle - July 2012 - Yoga Teacher in Training, Vancouver**

Just getting back to life after a Amazing Week of Restorative Training. The training was so Unique, Inspiring & Uplifting with you, as it was delivered in your own way a wealth of information, that I would like to integrate into my daily practice. Natural... Organic... wow was I in bliss and feeling amazing. **Lisa, Studio Owner & Yoga Teacher, Ontario Canada**

"Everything in the course was completely clear, structured and yet flowed freely with fascinating discussions developing during and after class. This course is a revelation." **Karen, Yoga Teacher, Vancouver**

I hold sincere gratitude for the opportunity to learn Restorative from your very wise teachings. I think the value that stands out for me from this training is the validation of intent. As someone who went into the training not really understanding what RY was, I had no expectations or preconceptions of what I was about to experience. You guided us in a manner that was honoring to all learning and experience in the group. When I decided to open my Centre, the intent is to hold a sacred space where personal healing can take place. It is important to me that my Studio is a safe and nurturing environment, that individuals can explore their whole person well-being and to offer products and services to support this. I am very proud to have the Gateway of RY to combine into this mix. It seems a natural extension of the Reiki, Thai Massage, Wellness Coaching and other modalities which I hold dear. Thank you for bringing RY into my awareness field, for your friendship and for expanding my circle of compassion. **Deborah - September 2012 - Studio Owner, Ontario**