

# THE ART OF CONSCIOUS RELAXATION

## RESTORATIVE YOGA LEVEL 1 TEACHER TRAINING with Adeline Tien

**FIRST RESTORATIVE YOGA  
TRAINING IN SINGAPORE**



### Understand the science behind Restorative Yoga, and learn the artful skills of practising and teaching this wonderful restful style of yoga

Restorative yoga is the antidote to stress. It is a practice that encourages relaxation and release of deep layers of tension, with support, awareness and intention. Well-placed props such as bolsters, blankets, blocks, chairs and eye pillows are used, to safely support the body in various poses. This deep, purposeful, and mindful kind of rest alters and lowers our stress responses and helps us to function better physically, mentally and emotionally.

#### LEARN

- Why Restorative Yoga and Yin Yoga are different
- A set of restorative poses, using a variety of props
- How to teach a restorative yoga class
- Art of sequencing and class planning

Excellent for new and experienced yoga teachers who wish to teach restorative yoga classes, or incorporate restorative poses into their regular yoga classes and anyone interested in leaning more about restorative yoga.

#### 30 hours of Continuing Education Units (CEUs) with Yoga Alliance

For 200-hour certified yoga teachers, this module counts as 30 hours towards a 300-hour certification with Space & Light Yoga.

#### VENUE

COMO Shambhala Urban Escape  
402 Orchard Road, Level 6, Delfi Orchard, Singapore 238876

DATE: Fri-Sun, 6-8 Oct 2017

TIME: 9am - 5pm

COST:

S\$890 Early Bird (by 10 Sept)

S\$1,050 Regular rate

TO REGISTER:

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**Adeline Tien** (E-RYT 500, YACEP), is a Singapore-based yoga teacher. She has been teaching Restorative Yoga at COMO Shambhala Urban Escape since 2008 and brings 9 years of Restorative yoga teaching experience, into this training. She has trained with the inspiring Jillian Pransky and the amazing Judith Hanson Lasater (Relax and Renew®). Adeline is also a certified Advanced Relax and Renew® trainer and a Reiki certified practitioner.