



WILD



LIGHT  
YOGA CENTER

# RESTORATIVE YOGA TEACHER TRAINING

## THE ART OF REST WITH GRACIE MERCEDES

This Restorative Yoga Teacher Training is a weekend long program that draws upon subtle energy awareness and experience to bring each student into a layer of balance. Using asana, pranayama, meditation, visualization, ecology, and art the practitioner/student can construct individual recovery processes that speak directly to their needs. This training will encourage each student to guide and be guided in a restorative fashion. Throughout the weekend students will explore physical and energetic methods; using linguistics and presence to set the tone. Hands-on & hands-off adjustments, sequencing for affects, traditional & modern adaptations, lecture & discussion, and art & nature moments will be called into focus, giving the students a secure, but varied foundation to teach and/or deepen their personal practice.

This training is designed for new and experienced yoga instructors, as well as students who have a sincere interest in deepening their understanding behind the mechanics of restorative yoga. This training also lends itself to health care professionals (nurses/doctors), personal trainers, physical therapists, care-takers, body-workers, and/or counselors/coaches. \*This training is recognized by Yoga Alliance and is eligible for Continuing Education Credits (CEUs) - 20 contact hours + 12 non-contact hours = 32 hours in total.

Register online at <https://www.dasatemhaus.com/registerforevents>

**June 21st 3-8pm, June 22nd and 23rd 8am-5pm \$399**



# RESTORATIVE YOGA: THE ART OF REST

## WITH VISITING TEACHER GRACIE MERCEDES

Gracie is a mid-west based yoga instructor who believes in the evolution of the human practice. Her teaching blends together elements from ecology, dance, and ceramics; using an interdisciplinary approach to connect with students and colleagues. Her attention to energetic detail is a defining quality in her work and instruction. Slow down and breath deeply with her in restorative yoga, a journey into the art and practice of rest.

**Saturday, June 22nd and Sunday, June 23rd 1:30-3pm**  
**\$20 per class/\$15 for WLYC lotus members**

