

The Studio at Panterra in Westfield, NY presents a 20 Hour Yoga Alliance Training

# The Art of Resting Deeply:

## The Experience of Relaxation In a Busy World

**DATES:** March 21-22 AND March 28-29, 2020

**TIME:** 10:45 am - 4:30 pm each of the 4 days, with lunch break

**COST:** \$500 early registration by March 7, then \$550

\$225 deposit due by March 7, remainder due at training. Checks payable to Dariel Woltz.



Cultural pressures often lead us to create very rich, yet overly busy lives, without much time for integration of our varied activities. Despite our high level of stress, most of us believe that sleep is the only rest we need. However, studies have shown that those who learn to enter a deeply relaxed waking state enjoy many benefits including: lower blood pressure, improved sleep,

less heart disease, a calmer emotional state and a longer life span.

**In this 20 hour training for yoga teachers and serious students,** we will explore the physiology of stress and how to balance and prevent it with deep resting poses, also known as restorative yoga. You will gather the practical knowledge needed to create these restful poses for yourself and others with confidence and experience the effects of the poses firsthand. 20 CEUs with Yoga Alliance can be earned. If you choose to complete the post course practicum you will be awarded an additional 10 CEUs and a training certificate in Restorative Yoga from The Studio at Panterra, a Yoga Alliance Registered School.

*Required Reading: "Relax and Renew" by Judith Lasater*

**Dariel DeGennaro Woltz** is the Director of The Studio at Panterra. The intention of her work is to support you in experiencing the healing power of breath, yoga, and deep rest in



an environment where exploration can readily unfold. Dariel is a 500 hour Experienced Yoga Alliance Teacher and Continuing Education Provider, and the studio is a Registered Yoga Alliance School. Dariel is also a certified movement therapist, Yoga for Back Care, and Yoga for Scoliosis teacher. She became a Kripalu Yoga Teacher in 1979 and has been a continuing student of the Iyengar tradition since 1982. She has completed Open Sky Yoga's Essential, Advanced, and Pranayama Teacher trainings with Francois Raoult and has also completed the Basic and Advanced Relax and Renew trainings with Judith Lasater. Dariel has been dedicated to serving groups and individuals for over 35 years.



**For Information/Registration Contact Dariel Woltz:**

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