

Restorative Yoga & Restorative Therapeutics Teacher Training with Tianne Allan

Nov 21-25, 2016 (Part 1) • Nov 27-Dec 2, 2016 (Part 2)

For yoga teachers with their 200 or 500-hour certification working towards upgrading their skills and level of certification. These programs are also open to anyone wanting to incorporate restorative practices into their work and/or personal lives including serious yoga students, body workers, physical therapists, nurses, and health professionals in the field of body-mind medicine and psychology.

Part 1: Nov 21-25, 2016 (5-Day Module)

Restorative Training Part 1 includes:

- Restorative Yoga practice
- Understanding the use of props
- Practical teaching experience
- Sequencing restoratives for therapeutic applications
- The Energy Body
- The Central Nervous system
- Meditation
- Visualizations

Part 2: Nov 27-Dec 2, 2016 (6-Day Module)

Restorative Therapeutics Part 2 includes:

- Advanced Restorative Yoga poses
- Restorative Chair Yoga series
- Restorative Wall Yoga series
- Understanding of yoga therapeutics as applied to:
 - Anxiety & Depression
 - Chronic Pain, arthritis, back pain, headaches, migraines
 - Injuries & mobility limitations
 - Modifications for seniors
 - Meditation/visualization as processes for healing
 - Practical teaching experience

Part 2 Restorative Yoga Therapeutics Training deepens our understanding of the principles of restorative yoga and introduces the application of the restorative yoga practice as a therapeutic process to assist the body's own healing. You will learn how to recognize and identify different imbalances and conditions in the body. You will learn the mechanisms to support the therapeutic process with restorative yoga poses, breath work and meditations. You will learn techniques to safely support this transformational process both as a teacher and as a practitioner.

** Prerequisite for Module 2 Restorative Therapeutics training is the Module 1 Restorative Yoga training with Tianne Allan, or equivalent with another school/teacher. Please submit name of Restorative Yoga training program with application.*

Tianne Allan came to yoga and teaching yoga after a long career as a high performance athlete. In 2008 while out for an evening stroll with her dog Tianne was hit by a car. Her yoga practice changed dramatically from power yoga to a healing practice of finding peace within the trauma. Tianne now specializes in educating health and yoga professionals this transformative practice of restorative yoga through classes, workshops and teacher training programs. Tianne is a registered yoga therapist (International Association of Yoga Therapists), registered yoga teacher and teacher trainer.

Registration Contact & Training Location:

Tuition including HST: Part 1 \$675.00 | Part 2 \$695.00
Tuition Discount for Parts 1 & 2: \$1295.00 (Save \$75!)

To register and save your space please send check payable to: Karen Heaven Inc.

188 Green Mountain Rd E, Hamilton-Stoney Creek, ON L8J 3A4
Email: info@heaven-onearth.ca OR info@ihyt.org | Tel: 905.664.9099

See page 2 for details about our center and optional accommodations and meals on-site.



*At Heaven on Earth we are dedicated to serving you and creating sacred space
for healing, joy, transformation and growth!*



Studio entrance is on right-hand side around the cedars.

Heaven on Earth—Supreme Yoga Bodywork Wellness and Integrated Health Yoga Therapy

...is situated at the Claffey's retreat-residence in the beautiful peaceful Green Belt of Hamilton-Stoney Creek, Ontario, Canada.

Close to Airports & Attractions

- 25 minutes from Hamilton Airport
- 45 minutes from Toronto Pearson Airport
- 45 minutes from Niagara Falls
- 90 minutes from Buffalo, NY Airport

We Specialize In

- Yoga - Classes, Yoga Teacher / Yoga Therapist Training
- Bodywork - Manual Therapy and Structural Alignment Therapy, Training Certifications
- Wellness - Yoga & Wellness Retreats, Holistic Health Chef & Consultant Certification

Your Hosts



Karen Heaven Claffey, Founder-President, Principle Teacher

Sylvia Hamilton Claffey (Karen's Mother), Chef, General- Director

Amenities Nearby

- Hiking trails (Bruce Trail, Dofasco Trail)
- Golf
- Wineries
- Shopping and restaurants

Amenities On-Site

- Accommodations and meals on-site (optional/extra)
- Meditation/yoga room with radiant heated floors
- WIFI
- Filtered water
- Large outdoor deck
- Outdoor hot tub (seasonal)

