

Restorative Yoga

Teacher Training Certification with Lizzie Lasater

Version: November 2021

INSTRUCTIONS

- You have one year from the last day of the workshop to complete this project.
- Please write in English or German.
- [Upload](#) your report as a single PDF (including all photos).
- Files will not be accepted via email.
- Please allow 4 weeks to receive your feedback.

YOGA ALLIANCE CREDIT

Want to receive Continuing Education Hours for an in person or digital training with Lizzie?
Please read more [here](#). (This is mostly for USA students.)

50 Hour Report

PART 1: GOING DEEPER

To deepen your own practice, complete one of the following online courses. Please make a PDF of your receipt email and include it with your report.

[Savasana Intensive](#)
[Pranayama Intensive](#)
[Meditation Intensive](#)

PART 2: SELF PRACTICE

1. Six photographs of yourself practicing Restorative yoga.
2. Please include two clear images with different views of the following poses:

Supta Baddha Konasana (2 photos)
Viparita Karani (2 photos)
Savasana (2 photos)

PART 3: FEEDBACK

Please write a few sentences of *constructive* feedback for Lizzie to read:

1. What did you enjoy about the workshop? What would you change?
2. What do you love about Restorative yoga? What would you change?

PART 4: SHARING SILENCE

1. Give two private Restorative yoga lessons. Design a sequence of three poses that makes sense for each specific student taking into account their age, physical condition, experience with yoga, injuries, etc. Do not repeat the same sequence with both students.
2. Submit two photos (showing different views) of each pose. This means six photographs per student or 12 photographs total.
3. Please do not use family members or children under 14 as students.