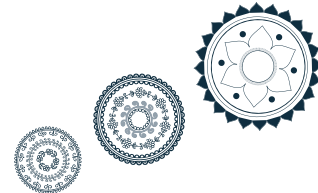


kaia yoga presents
**basic restorative
teacher training**



*with
jillian
pransky*

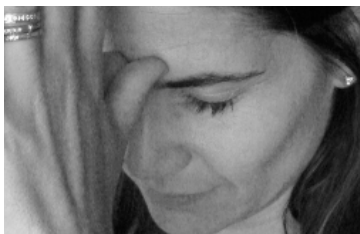


incorporate restorative into your teaching

This introductory training will cover: the nervous system, relaxation response and physiology of yoga, the koshas and energetic body in restorative yoga, basic propping technique in basic poses to incorporate in your practice or teaching.

May 15th
1:30 – 5:00pm
Greenwich West
\$80

jillian pransky



Jillian Pransky is a New York City/New Jersey based yoga instructor. She is Director of Restorative Yoga Teacher Training for Yoga Works Nation-wide, co-director of Bright Spirit Yoga Teacher Training, and leads programs at Kripalu, Omega, and other international venues. Known as a nurturing guide with uplifting energy, Jillian's teaching focuses on bringing the practice of yoga and meditation into everyday life.

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life more pure.

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