

Gentle/Restorative Yoga Teachers' Training

with Ellen Pfeffer



Location: Masala Yoga, 38 Evergreen Dr., N. Caldwell, NJ 07006

Dates: April 11, 12 & 13; April 26 & 27; May 17 & 18, 2008

Tuition: \$675. Early Registration \$640 (until 4/4/08).

The Masala Gentle/Restorative Yoga Teachers' Training is a comprehensive training utilizing knowledge drawn from a wide range of principles, practices, tools and techniques. The training encourages critical thinking skills, creativity and exploration, freeing the teacher or practitioner from reliance upon one strict methodology or sequence of postures. Participants will gain practical experience, expertise and technical skills enabling them to support themselves and a wide range of students, including prenatal students and those who must modify & adapt the postures. Training sessions include postural and breathing techniques, discussion, lecture and teaching practicum. Upon completion of the program, participants will be able to create, guide and practice a customized Gentle/Restorative Yoga flow for themselves or others.

Training Dates & Hours:

Section 1: Friday, April 11; Saturday, April 12; Sunday, April 13, 2008 (13 hours)

Section 2: Saturday, April 26 & Sunday, April 27, 2008 (11 hours)

Section 3: Saturday, May 17 & Sunday, May 18, 2008 (11 hours)

Friday Night: On April 11 only, 7:30-9:30 p.m.

Saturdays: 12:00-6:00 p.m. (30-minute break)

Sundays: 12:00-6:00 p.m. (30-minute break)



Ellen Pfeffer

About the Teacher

Ellen is a passionate and dedicated student of the Yoga tradition. She has studied and practiced with Raji Thron (Yoga Synthesis™), Erich Schiffmann (Advanced Teacher Training), Dharma Mittra (Classical Hatha Yoga), T.K.V. Desikachar (Viniyoga), Richard Freeman (Ashtanga Vinyasa), Jonas Westring (Thai Yoga Bodywork), Joseph LePage (Integrative Yoga Therapy), Angela Farmer, John Friend, Ana Forrest, Shiva Rea, Kali Ray (TriYoga™) Max Strom, Aadil Palkhivala (Senior Iyengar Teacher), and other inspiring teachers.

Ellen's Vinyasa approach uses breathing in relationship to movement and stillness as the foundation of yoga practice. She interweaves elements of active, passive and Restorative Yoga with intuitive awareness and alignment principles to create a unique and fulfilling yoga experience.

In June 2004, Ellen completed a Restorative Yoga Teachers' Training with Sudha Carolyn Lundeen at Kripalu, in Lenox, MA. In May 2006, she participated in an Intermediate Teachers' Training with Aadil Palkhivala, in Bellevue, WA. Ellen holds certifications from Yoga Synthesis™, Shri Yogi Dharma Mittra and Kripalu Yoga, and is registered with Yoga Alliance.

For information regarding Masala Yoga Classes , Workshops & Retreats, & Masala Restorative Yoga Teachers' Training, please visit www.masalayoga.com, or call 973-226-4455.



**Ellen Pfeffer, R.Y.T.
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