

# Gentle/Restorative Yoga

## Mini-Retreat Workshops with Ellen Pfeffer



Sponsored by  
Sacred Spaces Yoga  
Scotch Plains, NJ

Friday, May 13: 6:30-9:30 pm

Saturday, May 14: 1:30-4:30 pm

908-472-3045

[www.mysacredyoga.com](http://www.mysacredyoga.com)

[info@mysacredyoga.com](mailto:info@mysacredyoga.com)

Reconnect to the stillness within. These quieting, heart opening Restorative Yoga retreats explores a nurturing combination of gentle movement, supported yoga postures & meditative breathing practices designed to open, soothe & calm the entire system.

All Levels Welcome

Pre-Registration Preferred - Space is Limited: \$45 per person for early sign-up; \$50 at the door.  
Please select your preference: Fri. night, 5/13 \_\_\_\_\_ Sat. afternoon, 5/14 \_\_\_\_\_



**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 (Breath-centered Yoga), Angela Farmer, Richard Freeman (Ashtanga Vinyasa), Donna Farhi, Joseph LePage (Integrative Yoga Therapy), John Friend, Shiva Rea, Kali Ray (TriYoga™) Max Strom, Aadil Palkhivala (Iyengar), and other respected teachers.

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

Ellen is particularly adept at modifying and adapting yoga practice to the individual, and applies these skills to people with physical limitations or disorders, including those with high blood pressure, M.S., stroke, hip, knee or shoulder replacements or other musculoskeletal problems.

Ellen developed the Masala Yoga™ Gentle/Restorative Teachers' Immersion, which goes above and beyond what is taught in basic yoga teacher trainings. Included in these immersions are deeper themes and practices, such as pranayama, meditation, mantra, creative sequencing, developing critical thinking skills, and how to modify and adapt to the needs of the individual.

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 Aadil Palkhivala's Intermediate Teachers' Training, in Bellevue, WA. Most recently, Ellen completed Raji Thron's Yoga Synthesis™ Advanced Teachers' Training. She holds certifications from Yoga Synthesis™, Shri Yogi Dharma Mittra and Kripalu Yoga.

**For information regarding Masala Yoga™ Classes, Workshops, Yoga Teacher Mentoring, and Masala Yoga™ Gentle/Restorative Teachers' Immersion, please visit [www.masalayoga.com](http://www.masalayoga.com), or call 973-226-4455.**



**Ellen Pfeffer/Masala Yoga™**  
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