



Spring 2018

# Continuing Education

for Yoga Teachers & Yoga Teachers in Training

Gudmestad Yoga has been sharing yoga with the Portland community for over 40 years. Julie Gudmestad, Physical Therapist, Certified Iyengar Yoga Instructor, Certified Yoga Therapist with IYAT and founder of Gudmestad Yoga has dedicated her career to combining the practice of yoga with the knowledge and benefits of physical therapy.

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**WE ARE EXCITED** to be offering Continuing Education classes for Teachers and Teachers in Training. This spring Julie will be teaching a weekend workshop. (See the Hips, Pelvis, Low Back Flyer at [gudmestadyoga.com/weekend\\_workshop](http://gudmestadyoga.com/weekend_workshop)) and Hope will be teaching the 3-hour Sunday class. Enrollment is available online at [gudmestadyoga.com/continuing\\_ed](http://gudmestadyoga.com/continuing_ed) or by calling the studio at 503-223-8157.

*Each class is worth 3 CE credits through the Yoga Alliance.*

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## The Art of Teaching Restorative Yoga with Hope Fyfield, PT

Sunday, May 20

3:00 – 6:00 pm

\$65

Restorative yoga is a deeply restful, re-energizing and grounding practice, and a wonderful balance for the stresses and complications of modern life. Why then, do so many students either struggle to be comfortable or even skip a planned restorative class? Come learn several wonderful restorative poses and multiple modifications for the beginning student, as well a tips and suggestions for making your restorative class a refreshing and delightful experience. Handouts included.

*3 CE Credits with the Yoga Alliance.*

# Registration Form (Pre-registration is required for the Continuing Ed Classes)

ENROLL ME IN:

Class Title	Date	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____

**I've included my payment for \$ \_\_\_\_\_**

Please send in full payment with this form to the address below. Make checks payable to Gudmestad & Assoc.  
OR you can register and pay online at [www.gudmestadyoga.com/payment](http://www.gudmestadyoga.com/payment). Please send us an email at [info@gudmestadyoga.com](mailto:info@gudmestadyoga.com) to let us know what class(es) you want to be enrolled in and to confirm there is space for you in the class(es).

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Where you teach: \_\_\_\_\_

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