



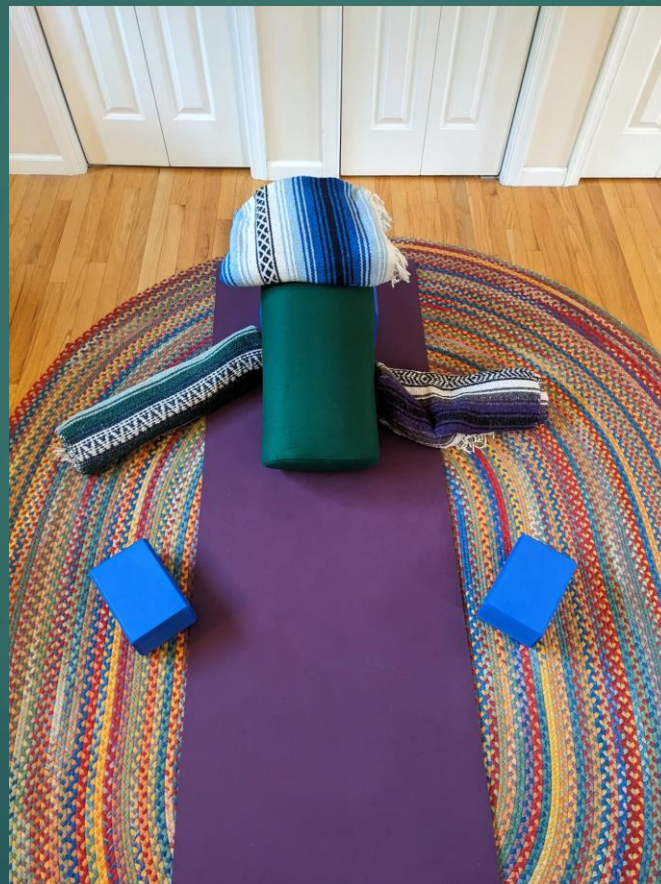
Restorative Yoga TCA

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Base (using props client had on hand) Blocks shift based on SBK Version I/II



Base (using props client had on hand) Blocks shift based on SBK Version I/II



Prop-Rich version sent for inspiration



Prop-Rich version sent for inspiration



Client's Adapted Version



Resources

- ▶ Bachman, Nicolai (2021). The Yoga Sutras desk reference: A comprehensive guide to the core concepts of yoga
- ▶ Greenstone, S. (2022) Restorative Yoga YTT Manual
- ▶ Evans, S.S. (2022-2023) Personal communication
- ▶ Lasater, J.H. (2017) Restore and rebalance: Yoga for deep relaxation