

# The Sacred Pause: Ayurveda & Restorative Yoga Module

Standalone Certification Option – January 17–18, 2026

Explore how seasonal rhythms, the doshas, and Ayurvedic wisdom can support your personal well-being and the students you serve. This immersive training blends daily Ayurvedic rituals, restorative yoga principles, and sacred rest practices.

Tuition: \$495 CAD

Includes weekend immersion, printed manual + digital content and certification

No refunds once the module begins. Payment plans are not available for this training.

1. What draws you to explore Ayurveda and seasonal living?
2. Do you have any current experience with Restorative Yoga or healing practices?
3. How do you plan to integrate this training into your life or offerings?

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

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

Email: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_