

Paula Dickie

I had the privilege of taking Andrea Peloso's Restorative Yoga training class in the winter of 2011. Andrea was a very thorough, caring teacher, demonstrating, setting up and explaining the benefits of each pose. I came out feeling comfortable trying the new poses I learned on my own. I found Andrea's teaching style restorative in itself, even though I learned an enormous amount each class - I also left the class feeling rested and restored. I would highly recommend this class.

Joni Moriyama

Andrea Peloso's knowledge of restorative yoga is in-depth, enthusiastic and compassionate. I have taken classes from Andrea as a restorative yoga student and as a restorative teacher trainee and have found a very strong leader in this field of yoga. Andrea's care found in details of a pose extends to the care of individual students, to the yoga community and beyond to global affairs, and is in keeping with her passion and commitment.

Shelaugh Earle-Meadows

"Andrea's Restorative Teacher Training was both experiential and full of concrete knowledge and wisdom from her years of studying yoga and experiencing the teachings of a restorative yoga practice. This training taught us to nurture our students in a way that most western yoga classes do not allow. I also came home with a whole new set of poses and variations to explore... and without my previous fear of using props!"

Andrea Peloso is a generous teacher. Andrea imparts her vast knowledge of restorative yoga in an open and accessible manner always ensuring that questions are satisfied with thoughtful and comprehensive responses. I came to Andrea's restorative training with experience in restorative yoga and this course allowed many more doors to be opened to both my personal practice and my teaching. Kimberly Mantas

Christine Tremblay

Restorative Yoga Training has been a life changing experience for me. Not only did I learn about the practice itself and how to teach it with Andrea's compassionate guidance, I was also able to heal myself of adrenal fatigue. It is amazing what this type of yoga can do to your entire being as you allow yourself some space and time to stop, breathe, let go, enjoy and rest. What a journey!

Elizabeth Harvey

This was a valuable Restorative Teacher Training course. Andrea is gifted in her ability to communicate the principles of restorative yoga in a practical and usable way. It opened the door into areas about which I want to continue learning (Ayurvedic medicine in particular). Her understanding of props was especially insightful—I learned how to use bolsters, blocks, straps, and blankets with real precision and creativity. Thank you!