



20 HOUR YIN YOGA TRAINING

Yin yoga is a transformational practice that combines mindfulness, meditation, specific yoga postures, and breathwork (pranayama).

A perfect complement to active lives and yoga practices, suitable for all levels of practitioners.

This 20-hour certification* gives you a complete understanding of this valuable practice. You will learn how to combine balancing and life-changing Yin yoga sequences to teach or practice independently.

Whether you're just starting, curious, or building on existing knowledge, this is a training for you.

***This certificate will give you 20 Continuing Education credits**

*Join now
to catch
the early
bird rate!*

WHAT YOU WILL DISCOVER

- **Module 1 What is Yin**

From its origins to modern practices

- **Module 2 History and Philosophy**

Dualist principle - Taoism - Chinese Medicine - life force - meridians

- **Module 3 Yin & our Bodies**

Physical & emotional benefits - connective tissues - fascia - tension & compression

- **Module 4 Functional Anatomy**

Body systems - Nervous system - benefits of Yin yoga

- **Module 5 Poses and Prep**

Teaching principles, props & modifications, rebound & counter- poses, adjustments

- **Module 6 Finding Your Voice and Practice**

Sequencing, cues, intention setting, meditation