

# 30 Hour Yin Yoga Training

with Pem Fassa  
Yoga Alliance Certified

Crimson Chambers  
Yoga Studio  
Al Qudra Road,  
Sustainable City  
Dubai

November  
16&17, 23&24  
2024  
11:00am - 6pm

For further enquiries and  
bookings, please contact:

Mob/Whatsapp  
+971502111382



# 30 HOUR YIN YOGA CERTIFICATION



**Join now  
to catch  
the early  
bird rate!  
Ends  
October  
10th**

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

This training is for you whether you're just starting, curious, or building on existing knowledge.

**\*You will receive 30 Continuing Education credits upon completion**

## WHAT YOU WILL DISCOVER

- **Module 1 What is Yin**

From its ancient origins to modern practices

- **Module 2 History and Philosophy**

Dualist principle - Taoism - Traditional Chinese Medicine - life force - meridians - energy flow

- **Module 3 Yin & our Bodies**

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

- **Module 4 Functional Anatomy**

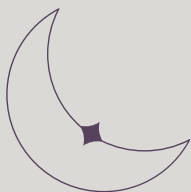
Body systems - Central Nervous system - benefits of Yin yoga on different areas of our bodies

- **Module 5 Poses and Prep**

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

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

Sequencing, Structuring a class, cues, intention setting, meditation and all the extras!





Come study and expand  
your practice with me  
November  
16&17, 23&24  
2024

Pricing: AED 3250, or  
catch the Early Bird rate  
of AED 3000 by  
October 10th.

The original form of Yin yoga reflects ancient Eastern cultures, providing a counterpoint to the fast pace of modern life. This practice targets deep tissues, ligaments, joints, bones, the deep fascia networks of the body, and the meridians.

Yin yoga is an energy-boosting, transformational practice that combines mindfulness, meditation, specific yoga postures, and powerful breathwork (pranayama)—a perfect complement to active lives and yoga practices, suitable for all levels of practitioners.

Whether you're just starting, curious, or building on existing knowledge, this 30-hour certification program gives you a complete understanding of this valuable practice. You will learn how to combine balancing and transformational Yin yoga sequences to teach or practice independently.





## A little about me

Since taking my first yoga class in my late teens (back in 1992) I have been drawn to creative, fast-paced, and dynamic vinyasa flows. It was about the intensity, speed, and challenge of delving deeper into poses.

Through extensive studies, certifications, and personal experiences, I was inspired to become a teacher. My five 200-hour certifications span various yoga styles (from Hatha, Ashtanga Vinyasa, and Yin), and I have taught and practiced yoga for more than two decades.

Throughout my teaching and practicing career and after several injuries sustained from intense practices, I learned the value of slowing down. Otherwise, how could I maintain balance and equanimity?

Enter Yin. Yin yoga has provided me with the stillness and silence I have craved all along, improving my overall practice significantly. The combination of vinyasa and yin suited my body and mind perfectly. When I first began teaching Yin, I was apprehensive that I would not be able to present my authentic voice. I also worried that my adrenaline-seeking students would not be as receptive to my exhilarating, fast-paced vinyasa classes. My assumption was proved incorrect, and I have been practicing and teaching both vinyasa and yin ever since. And sometimes combining elements of both: using movement and breath to help students find tranquility and focus.

My yoga practice has had a profound impact on my life, and I love watching how it transforms the lives of my students. By teaching yoga classes, I aim to share yoga wisdom, as a physical and introspective practice. My passion for yoga and its positive impact on our lives drives me to practice, learn, and teach.

I look forward to meeting and practicing with you.

