

## 12 hr Yin Yoga Teacher Training (for teachers and practitioners)

Bridge the gap of an active life to a meditative life. While practicing stillness in postures (asanas) with longer holds, one's mind begins to quiet down and allow greater awareness and understanding of oneself to emerge. Yin yoga can be described as a stabilizing, de-stressing, feminine and contemplative practice.

Yin yoga is based on the Taoist concepts of balancing the Yin and the Yang, the opposite and complementary principles in nature. With our busy lifestyles our bodies tighten up from mental tension and cause all sorts of ailments and lack of mobility leading to discomfort and pain. Yin yoga postures give an opportunity for deeper tissues such as connective and fascia to release long held tensions allowing for the Prana/ life force to flow more easily through previously blocked areas increasing overall energy and well-being.

Yin Yoga helps us to play our edges, unwind, breath more consciously and turn inward. There is less instruction to listen to, much to discover within oneself and more peace to be found. Yin is a wonderful compliment to any other form of yoga or any other activity in our life.



This 12 hour training is ideal for yoga teacher and practitioners to expand on their own personal practice and to share the immense benefits with others.

Benefits of Yin yoga are:

- Calming and balancing to the mind and nervous system
- Regulates energy, balances hormones, deeper relaxation
- Increases mobility in the body, especially the spine and major joints
- Lowers stress levels, reduces anxiety, improves sciatica, tmj tension and migraines
- Greater stamina, better ability to sit through meditation
- Better lubrication, protection and flexibility of joints and connective tissue
- Release of fascia throughout the body

This 12 hour Yin Yoga teacher training offers 12 CEU's with Yoga Alliance and is a valuable addition to your teaching repertoire.

As a teacher you will learn:

- to help students ease agitation and promote relaxation
- explain organic and emotional/energetic benefits of postures
- suggest specific postures therapeutically
- assess comfort of your students

- develop an understanding of the healing process
- offer verbal cues and hands on adjustments
- to re-align and restore the root of imbalance
- to guide students through 4 sequences of yin yoga postures