

Yin Yoga Teacher Training

January 27th-29th Weekend Training

Cost: Early Bird Pricing \$285

Expires 12/15/11. Regular price \$300.

Required Books and Materials:

Students will be required to read/watch the following:

- "Yin Yoga: The Foundations of a Quiet Practice " DVD by Paul Grilley
- *YinSight* by Bernie Clark

Optional but highly recommended:

- *Insight Yoga* by Sarah Powers
- Students bring a notebook or journal.
- Yoga mat

Friday, Jan 27th 6:00pm - 9:00pm

Welcome and introductions of Faculty and Students.

- General housekeeping
- Outline of weekend
- What is Yin Yoga?
- Asana practice

Saturday, Jan 28th Noon - 5:00pm

- Why do we practice YY and what's up with the names of the postures?
- How do I exercise my joints and bones?
- Where does my yang fit in?
- Anatomy, working with others, proportions, range of motion
- Q & A
- Asana practice, super poses
- Sequencing, how can I get the most bang for my yin buck?
- Teaching styles
- Practice teaching

Sunday, Jan 29th Noon - 4:00pm

- Comparative anatomy
- Asana practice, Kidney & Urinary Bladder 'tis the season (winter)
- Q & A
- Anatomy, working with others, proportions, range of motion
- Practice teaching
- Using our tools, networking, resources
- Top 5's
- Gentle and short yang practice appropriate for all levels
- Test



Visit www.InspiringActions.com or
call 715-381-3148 to register.