



Red Lotus Yoga

1900 S Livernois
Rochester Hills
RedLotusYoga.com
243.661.9642

Learn 'how' to teach and guide students through a traditional yin class and how to sequence the poses.

In this training, we will delve into the practice and purpose of Yin yoga, experiencing it deeply first within ourselves.

We will dissect each pose, looking at variations for bone structure and body variables. Understanding anatomy and the purpose of the pose is crucial to opening the meridians or nadis in a beneficial way for you and your student's body.

Included in the class is a booklet defining yin poses, highlighting the benefits of each asana to the body and to the meridians. Creation of your own class and a 'feedback' session is required to receive complete certification.

Yin Yoga targets the deep connective tissues of the body to help regulate the flow of energy. It is unique in that you are asked to relax in the posture soften the muscle and move closer to the bone. Yin offers a much deeper access to the body. Many find immediate benefits like more open hips, a more relaxed body and centered mind.

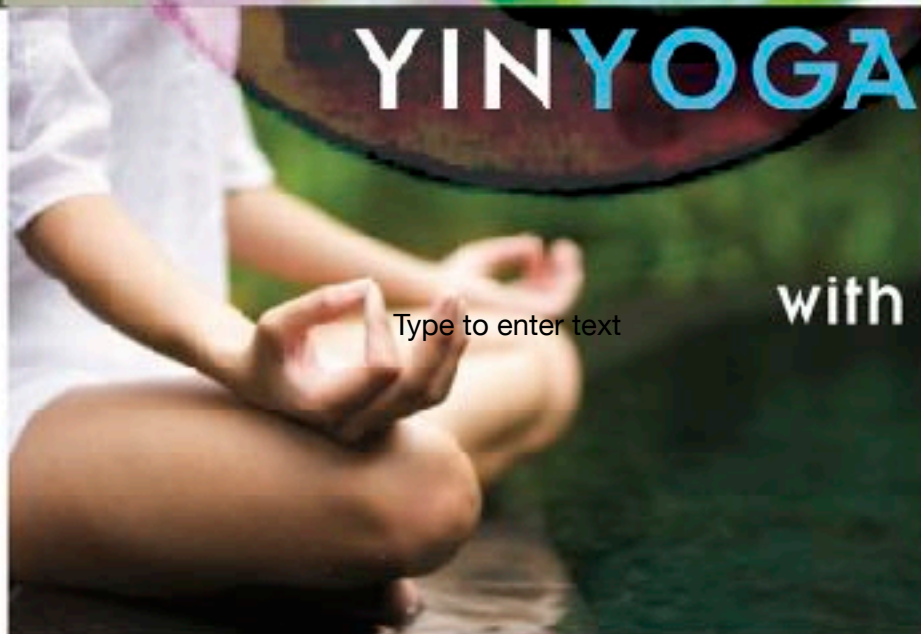
YINYOGA TEACHER TRAINING

with **Bethany Perry**

Saturday Feb 3 12-5
Sunday Feb 4 12-5

Saturday Feb 17 12-5
Sunday Feb 18 12-5

Cost \$425



What to expect from this Teacher Training:

You will learn:

Teaching Methodology, Sequencing and Training
Principles & History of Yin Yoga
Anatomy & Physiology for Yin Yoga
Lifestyle & Ethics to Yoga Teachers
Meditation
Using props and making safe adjustments

What is Required:

There will be a written final exam where you create a yin class based upon criteria provided and teach a feedback style class.

Between classes you must teach a minimum of two classes with four being recommended

You will also need to observe two yin classes at the studio of your choice.