

YIN YOGA Teacher Training

MODULE 1: 30 Hour Foundation Intensive

This course of study will introduce the candidate to the experiential and philosophical application of the receptive Yin style, the dynamic Yang style and mindfulness meditation. We will explore the purpose, method and effects of these practices on the body, the heart and the mind. This intensive will cultivate confidence and competence for sharing the practice as a teacher and provide a solid foundation for independent applications of body-based consciousness. This training is suitable for aspiring and certified Yoga teachers, therapeutic practitioners, fitness professionals and yoga students who are interested in expanding their understanding of this profound collection of practices in universal balance, human energetics and spiritual evolution



Instructor: MARLA ERICKSEN



Marla is the first Canadian yogini to be formally trained in Yin Yoga in the lineage of the teachers who developed Yin Yoga as the powerful, popular and distinct practice it is today – Paul Grilley and Sarah Powers. These influential teachers serve as her inspiration and dear spiritual friends. Marla is a mentor for students of the Insight Yoga Institute, an award-winning integrative fitness presenter and holds an E-RYT 500 level designation through Yoga Alliance. Marla is the owner of Empower ME Yoga Teacher Training Academy in Ottawa, Canada

COURSE CURRICULUM:

- Taoist cosmology
- Yin as a distinctive practice
- Comparative anatomy
- Connective tissue & exercise theory
- Subtle energy anatomy
- Pranayama
- Yin asana
- Yang asana (Taoist)
- Target area sequencing
- Mindfulness Training

General Information

- Course materials include a manual, posture sheets and various handouts
- This training can be applied toward the RYT 300 curriculum of the Advanced Yoga Studies Certificate Program through Empower ME Yoga Teacher Training Academy
- 30 hours of intensive study (contact hours) quality as Yoga Alliance CEU's for RYT 200 Teachers.

Registration

For more information regarding the training or to register for the program, please contact us by email: info@empowermeyoga.com or by phone at 613.695.7211

EMPOWER ME  **YOGA**
TEACHER TRAINING ACADEMY

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