

100hr Yin Yoga Post Graduate Certificate with Sally Louise

“Healing through YinYoga”

Dear Yogis

In 2020, I will again be running the Yin Yoga Course at Sally Louise Yoga. This course is designed for those of you who are hungry to keep learning after your Diploma Certificate, for those who seek continued connection with fellow yoga teachers and for those who are called to dive deeper in to learning about the structure of yourself to bring greater understanding of the complex beingness of YOU.

The Face to face teaching will be one 2-hour workshop a month for 11 months. We begin in late February (TBA) from 2-4pm. Further dates will be handed out in the new year. All 11 workshops will be filmed so if attendance is not possible it can be viewed electronically.

Course Outline

Week 1 – What is Yin Yoga? The principals of a yin class.

Week 2 – Structure of a Yin Class. What are the elements of a yin class and how

Do we sequence these for maximum benefit?

Week 3 – Your energy anatomy (Part 1). Chakras and Nadis

Week 4 – Your energy anatomy (Part 2). Koshas.

Week 5 – 11: Yoga Therapy

Yin Yoga for lower back healing

Yin Yoga for anxiety

Yin Yoga for Fatigue

Yin Yoga for emotional clearing and becoming the channel Yin

Yoga for limited movers

Week 10 & 11 topics = open for class requests

Home reading and activities will need to be completed between workshops to further expand your knowledge and develop your skills.

Course Investment: \$1,599

For further questions or to Enroll, please contact Sally on 52615351.

Namaste with love

Sally Louise