



YIN YOGA TEACHER  
TRAINING  
*40 HOUR*

[WWW.SURREYYOGAANDPILATES.COM](http://WWW.SURREYYOGAANDPILATES.COM)



# Your instructors



**Denise Marlow**  
Course Leader

Denise is a Yoga Alliance UK Senior Yoga Teacher and your Course Leader - she has been practising yoga for over 23 years and teaching for over 16. She has been training Yoga teachers in Yin Yoga since 2017. Denise has a passionate interest in Yin Yoga, anatomy & Myofascial techniques.



**Anna Rivers-Moore**  
Guest Teacher

Swedish born Anna is a strong advocate of TCM, the meridians and the energy of Yin. She often includes extended meditation or Nidra in her Yin classes and believes that the silent pauses and rebounds in a Yin sequence are every bit as important as the asana.



**Michelle Goor**  
Guest Teacher

Michelle first turned to Yin as an antidote to the stresses of her day job and was an immediate convert. Now a qualified yoga teacher, Michelle's teaching focuses on looking inwards - she'll be introducing you to Yin with a firm emphasis on being in the moment.



# Course Content



## 01 History of Yin Yoga

In this module you'll trace Yin's history from a silent practice rooted in Taoist philosophy to a more accessible Westernised practice under the influence of Sarah Powers.



## 02 Connective Tissue & Fascia

Learn all about biotensegrity, connective tissue & the Myofascial matrix and how students of Yin Yoga experience the balance between stiffness and elasticity, resistance and surrender (sthira and sukha!)



## 03 The Importance of Breath

An in depth exploration of breath from the Five Stages of Pranayama to five different breathing techniques to incorporate in your Yin classes.



# Course Content



## 04 Benefits of Yin

What are the three guiding principles of Yin? How does it differ from Yang? Who can practise? What are the specific benefits? How do you develop a Yin practice with new students?



## 05 Meridians

Discover how the use of Qi & the Meridians as descriptive and directional tools within Yin Yoga distinguish it further from other Yoga practises.



## 06 The Postures

You'll be led through the 26 key poses of Yin (plus variations) and receive suggestions on how to build a sequence that reflects Paul Grilley's *Four Guiding Principles of Yin Postures*.



# Testimonials



"In November 2017 I completed Denise Marlow's Yin Yoga Training Course. **It was a fabulous course.** Denise is not only knowledgeable about the body, particularly the Fascia and Meridians, which we work on in Yin Yoga but her bubbly character made it great fun. **If you love Yin yoga this is a must course to further your knowledge and understanding of the body.**

*Fiona*



"I took Denise's training course a few years ago as I wanted to **understand the philosophy, benefits and practice of Yin in more depth.** It is still **one of the most enjoyable and beneficial yoga practices I have learnt and teach!**

*Michelle*





*Thank you for your time*

You'll find details of the **Course Dates, Pricing Info** and how to **Register** on our website. If you still have any questions please do get in touch!



### Get in Touch

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