

# YIN YOGA TEACHER TRAINING 40 HOUR

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Your instructors



## Denise Marlow Course Leader

Denise is a **Yoga Alliance UK Senior Yoga Teacher** and your course leader with over **25 years of practice** and 16 years teaching experience - **training Yoga teachers in Yin since 2017**.

Denise brings her knowledge and passion of **Yin yoga**, **movement and Myofascial techniques to her teacher training**.



# Julie Greasley Guest Teacher

A graduate of Denise's Yin Teacher Training, Julie now regularly teaches Yin classes alongside Hatha and Pilates. Always looking for inspiration and new ideas, she has attended workshops & classes with both Gary Carter and Norman Blair.





## **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.





#### **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.



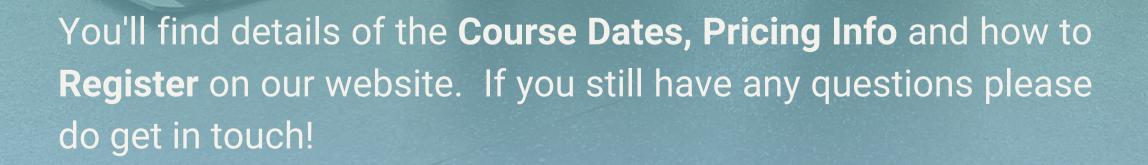






"I took Denise's training course a few years ago as I wanted to **understand the philosophy, benefits and practice of Yin in more depth**. It is still **one of the most enjoyable and beneficial yoga practices I have learnt and teach**!

Michelle



Thank you for your time



# **Get in Touch**

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