



## **Yin with LYNNE Teacher Training- Level 1**

### ***Course Overview***

Yin with Lynne Teacher Training Program will teach you:

- \* The Philosophy and Practice of Yin Yoga
- \* Understanding of the benefits of Yin Yoga: physically, energetically and spiritually
- \* The difference between Yin and Yang styles of Yoga
- \* An Overview of the Anatomy of Yin
- \* The Energy of the Meridian System
- \* The study of Yin as your meditation
- \* Experience of and How to Teach the 26 Yin Yoga asanas
- \* How to Teach A Successful Yin Class
- \* How to Create Fluid & Fun Sequences
- \* A Yin Yoga - Level 1 manual
- \* A Yin - Level 1 certificate of completion
- \* A copy of Yinsights by Bernie Clark

**Note\*** Must be a 200 hour certified/ registered teachers to attend. The credits of this course may be applied towards a 500 hour certification. You are also eligible for 20 hours CEU with Yoga Alliance. Continuing Education Units are required to maintain your status as a Registered Yoga Teacher. Upon completion of the course students will receive a Certificate of Completion documenting participation and attendance.

**Daily Schedule** - Please check specific location times as each location is different.

Friday: 5:30pm-10pm  
Saturday: 12pm-9:30pm  
Sunday 12pm-7pm  
Total Hours: 20

**Location:** TBA- Please check the "Yin With Lynne" Page @ [WWW.YOGAWITHLYNNE.COM](http://WWW.YOGAWITHLYNNE.COM) for upcoming training dates and locations.

**Cost:** \$495.00 new students, \$199 returning students

**For more information please contact Lynne - call: (248) 520-1011  
or email: [yinyangyogastudio@gmail.com](mailto:yinyangyogastudio@gmail.com)**