

The active participation in all 3 modules is understood as training in Yin Yoga, which concludes with a certificate in teaching Yin Yoga. The training is aimed at yoga teachers and people interested in Yin Yoga alike.

Short description

- Yin Yoga is a slow, quiet and meditative yoga style. This practice has a deep impact on body, mind and soul.
- On the body level, staying long in each asana gently stretches fascia and opens joints.
- Mentally, Yin Yoga creates more space in body and mind and the feeling of deep inner peace and serenity.
- On an energetic level, Yin Yoga effects the meridian system and the flow of energy. It removes blockages and harmonises all body systems.
- Yin Yoga is a deep practice that sets impulses of regeneration on all levels. This fascinating healing practice touches the interface between body, mind and soul and is deeply holistic.
- Yin Yoga can be performed as an independent practice or as a Yin sequence in a Hatha Yoga practice.

Deadline for inscription: October 1, 2020

Days / Hours: Total 6 days – total 42 hours

Timetable: Saturday 10:00 – 18:00 h | Sunday 9:00 – 17:00 h

Participants: min. 10, max. limited space

Cancellation conditions:

If a registration is cancelled, the following costs will be charged:

Cancellation 2 month before course start: 30%

Cancellation 1 month before course start: 50% of the costs.

Less than 1 month before course start: 100% of the costs.

