

YOGA IMMERSION Yang Phase 9-16 April Pau, France

Ferme de Candeloupe Seasonal Yoga Retreat

7 day Seasonal Yoga Immersion Retreat (Yang Phase) of 50 hours with Tina Hedrén and Sue Woodd

Ferme de Candeloupe, Monein, France, Tuesday 9th April 2019 for seven nights.

Forming half of a 100 hours YACEP yoga alliance training for 200/300 hour teachers to learn how to teach seasonally.

Also a stand alone retreat for people who want to learn more and deepen their personal practice. The training is split into 6 parts, which meet all five of Yoga Alliance's Educational Categories.

Overall concept of seasonal yoga and the study of the 6 seasonal changes affecting our organs, diet, energy, emotional and mental states.

Techniques, training and practice

Includes yoga-based practices appropriate for each season, the element asanas, energy based movement, seasonal eating, breathing techniques, mudras.

Anatomy and physiology (western and energetic)

Muscles, organs, chakras, nadis, pressure points, specific movement patterns and asanas.

Yoga Philosophy, Lifestyle and Ethics

How to design seasonal yoga nidra, meditations and mindfulness sessions and teach health and wellbeing from a seasonal perspective.

How to plan and perform a seasonal yoga class/practice.

Age-appropriate teaching skills

The Body Clock flow enhancing the flow of energy during the circadian cycle.

Prices - 7 days

875 Euros sharing

975 Euros for single occupancy, limited rooms available
A non-refundable deposit of 100 Euros is required to secure a place.

The price includes a full board accommodation, 48 hours of teaching and YACEP Certificate. Also included are linen, all yoga equipment and towels for the pool.

Excluded are flights/transport to Pau or Biarritz.

For further information please contact Tina Hedrén;

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