



Seasonal
YIN YOGA

50-Hour Seasonal Yin Yoga Teacher Training

This Seasonal Yin Yoga Teacher Training is an entire course for the full 50-hour Yoga Alliance accreditation. This course is for yoga students to explore yin yoga in-depth. Or if you are a qualified yoga teacher (having already taken a 200-Hour Yoga Teacher Training) this Seasonal Yin Teacher Training is an opportunity to add to your 300-Hour advanced teacher training qualification with 50 Yoga Alliance accredited hours.





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Sign up:
www.seasonalyoga.se/contact
Before May the 31st!



What is Yin Yoga?

Yin Yoga is a slow practice where poses are held for longer periods; from 2-10 minutes depending on the pose and the student's experience. Yin Yoga tends to mostly target the lower back and hips using passive floor poses. It is a meditative practice where the focus is on one pose at a time held for longer, and more importantly without constant flow and movement (like Yang yoga practices e.g. Vinyasa). The mind and body are able to soften, relax and release deeply held stress and tension. Seasonal Yin Yoga uses asana poses to target specific muscles, organs and meridians (energy lines) to restore psychosomatic harmony and balance with our emotions and mental health.

Why Practise Yin Yoga?

The purpose of Yin Yoga is to increase flexibility, energy flow, and blood and oxygen circulation by targeting and lengthening the connective tissue (which surrounds the tendons, muscles and ligaments). As practised in Seasonal Yoga, Tai Ji and Qi Gong, yin and yang exist for a harmonious balance: masculine and feminine energies, hot and cold, summer and winter, day and night etc.

Yin Yoga is the softer, meditative, internal practice to the high powered, active Yang Yoga practice (e.g. Hatha, Vinyasa, Ashtanga). It is important to combine both yin and yang in our life, and understand when and how to use yin and yang yoga poses and practices to retain balance and conserve energy in the body.

The Training will be held in Uppsala

Every day includes a discussion of the seasonal influences for that time of year and in depth advanced seasonal information. We look at the anatomy of the organs and muscle association of the season focusing on the yin postures. We include meridians, pressure points and of course a daily Yin practice. We look at adjustments necessary for each posture and also the mental and emotional influences which can be positively strengthened by mindfully moving the body, whilst at the same time enhancing the flow of energy to the organs. We also look at the Taoist philosophy behind the practice.

Date & Price

August 21-22-23 part 1 Price 3.295 SEK

November 20-21-22 part 2 Price 3.295 SEK