

Yin Yoga

Meeting Your Self In Stillness

SPECIALTY CERTIFICATE

Location:

Maureen Rae's Yoga Studio
5324 Dundas Street West
Toronto

Date: Sunday, February 5 2012

Time: 1 - 4:30 pm

Trainer: Maureen Rae, RN, E-RYT

Tuition: \$59.95 + hst

Contact: info@mraesyogastudio.com
Website: www.mraesyogastudio.com

With Maureen Rae, RN, E-RYT

Program Director of Maureen Rae's Yoga Studio, Toronto
Registered Yoga Alliance Approved School of Yoga

A 3.5 hour workshop introducing the Quiet and introspective approach of Yin Yoga. Little has been known about this tradition of Yoga until only recently. To explain Yin Yoga via words is akin to describing the taste of chocolate! One must experience Yin to know it. It's still. It's quiet. It's deep...and it works! Yin targets the connective tissue of the body....with huge effects on flexibility and movement of energy. Yin counteracts our Yang way of life these day. All in all.....it's pretty awesome! Come see why yogis LOVE Yin sYoga!

CURRICULUM

- *You'll learn at least 15 different Yin asanas, and how to practice them*
- *Learn the amazing benefits and the history*
- *Practice the poses, and if you teach, learn how to share Yin with your participants*



To register:

Please call 416-716-7589

Fee: \$59.95 (HST extra)

CanFitPro CECs available

Register Early!

Space Limited

This workshop is suitable for students and teachers.

FULL MANUAL !

