

# PURE YIN YOGA

40hrs TEACHER TRAINING YA

by **NICOLE SCHULZ**



**March  
2019**  
9-10 & 16-17



## THE SYLLABUS | WHAT'S INCLUDED:

Philosophy of Yin Yoga  
Anatomy & Physiology  
Posture Lab

Chi & Meridians  
Postures & Props  
Support Network

Meditation & Yoga Nidra  
Sequencing & Teaching  
Tension vs. Compression

## DATES | LOCATION:

Saturday & Sunday, March 9<sup>th</sup>/10<sup>th</sup> & 16<sup>th</sup>/17<sup>th</sup> 2019 from 8.30am to 6.30pm

Roundhouse Farm, 1506 Burnside Road West, Victoria, BC

Email for details, application and registration: [nicole-yoga@shaw.ca](mailto:nicole-yoga@shaw.ca)