

# YIN YOGA TEACHER TRAINING

## WITH JOE BARNETT

### YIN YOGA VARIATIONS: A 25HR FOUNDATIONS TRAINING

This Yin Yoga Foundation Training is designed to give a grand overview of the Yin Yoga practice. It has the potential to give the budding Yin practitioner a deeper knowledge and courage needed to offer a safe and simple sequence of postures for an authentic yin practice.

You will learn:

- Introduction to leading a practice of surrender.
- Principals of practice and teaching: Steps of Yin Yoga.
- Introduction to Taoist Anatomical Analysis: Yin Yoga Sutras of Paul Grilley.
- Interactive hands-on study of Anatomy: Finding skeletal landmarks and testing range of motion.
- Understanding and discriminating sensation: Tension vs Compression, Muscle vs Fascia, Physical vs Subtle Energy.
- Dialogue between teacher and student: How to listen, how to lead.
- 7 Foundational Sequences and discussion of their Energy Curves.



#### MORE ABOUT JOE...

Joe Barnett, ERYT-500, is a senior student and primary teaching assistant of Paul Grilley, the founder of Yin Yoga. After several years of apprenticing under Paul, Joe began travelling the globe, to help spread his teacher's work. Joe has been teaching for over 19 years and travels all around the world training yoga teachers in the beautiful practice of Yin Yoga.

#### TESTIMONIALS

*"Joe Barnett has been our friend and assistant for many years. He has two qualities that make him an excellent presenter: he knows the anatomical principles and he relates to people in a sympathetic manner. His presentations are unhurried, hands on demonstrations, this is the easiest way to absorb these ideas." ~ Paul and Suzee Grilley*

### ...MORE INFO!

*Training dates & times:*

*Friday 30/08/19, 17:00 ~ 20:00*

*Saturday 31/08/19, 9:00 ~ 17:00*

*Sunday 1/09/19, 9:00 ~ 17:00*

*Monday 2/09/19, 9:00 ~ 17:00*

*All teachings and training will be conducted at Bikram Yoga Oslo, Grønnegate 10, Oslo.*

*You DO NOT have to be a yoga teacher to take this course.*

*Tuition & Pricing:*

*Kr.4900- Early-bird price - must be paid in full by 31/05/19.*

*Kr.5600- Late-bird price, from 1/06/19 onwards.*

*Kr.600 Non-refundable deposit must be paid at the time of booking to secure a place in the training.*

*BOOK NOW [www.byo.no](http://www.byo.no) or studio reception.*

