

YIN YOGA TEACHER TRAINING

with **VICTOR CHNG**

- 30 HOUR COURSE -



at Balispirit Yoga Barn, Ubud

Blending the wisdom of both Indian and Taoist traditions, Yin Yoga is a gentle yet energizing system that emphasizes the opening and releasing of the joints and connective tissues in the hips, thighs, pelvis and lower spine, while activating the corresponding meridians.

Perfectly complementing the more intensive, strength oriented or "Yang" forms of yoga, Yin Yoga is experiencing a dramatic increase in popularity, with teachers trained in this approach finding themselves increasingly in demand.

Course Content

Theory & Principles of Yin Yoga

Yin Sequences and Postures

Analysis of Joint Movements

Modern Meridian Theory

How to teach & lead a Yin Yoga Class

October 9-12 2008

US\$550

20% Early-bird Discount!
Space is limited so please reserve early

30 hour Certificate of Completion for Continuing Education (CE) credits (after written assignment & test)

Note: This course is offered to both teachers and serious yoga practitioners alike.

'FROM YIN TO YANG YOGA' with **VICTOR CHNG**

- THE PATH OF INTEGRATION: OPENING TO THE SKY -

In this workshop, participants will learn how to move from a slow Yin to a more dynamic Yang practice in the course of one yoga class or session. An excellent way to combine elements from both approaches, 'From Yin to Yang' will assist you in creating a more balanced, comprehensive yoga practice for yourself and/or your students.

October 12-13 2008 • US\$150 (Teacher Training + Yin to Yang Workshop - only \$600!)

Victor Chng's Bio

Upon completing his studies in the US with Yin Yoga founder Paul Grilley, Victor, a long-time yoga instructor and former attorney, has continued to train with both Paul and Insight Yoga founder Sarah Powers over the last several years. Authorized by Paul Grilley to lead Yin Yoga Teacher Trainings in Asia since 2005, Victor has since held workshops and retreats in Bhutan, Thailand, Singapore, Malaysia and China. A popular speaker at yoga retreats and conferences, Victor is a contributing writer and founder of the popular website www.yogainasia.com, helping to coordinate events throughout the region.



Contact Simone for more info • yogaessenz@hotmail.com • 0813 5306 6635