

Y I N academy



Yin Academy & 3H Yoga Yoga Teacher Training 2016–2017

ETSIMME UUSIA OPETTAJIA STUDIO YINIIN – VIELÄ EHDIT MUKAAN
KESÄN 2016 YIN ACADEMYN JOOGAOPETTAJAKOULUTUKSEEN.



4 Modules to enrich your knowledge, support your practice, and prepare you for any yoga career you choose. Join Gabriel Azoulay, 3H Yoga and the Studio Yin teaching staff to discover a new revolutionary concept to awareness, empowerment, and health. Yoga Teachers influence, inspire and motivate their community to lead a more fulfilling life.

TEACHER TRAINING PROGRAM 2016–2017

Hot Bikyasa Power Yoga, Ashtanga/Vinyasa, Yin Yoga (inc. Functional Anatomy)

SCHEDULE 2016 I Module: Bikyasa 5-day module 50h / Sat 18.6 14.00–19.00,
Sun 19.6. 10.00–15.00 & Mon–Wed 20.–22.6. 9.00–15.00
II Module: Ashtanga Vinyasa, part 1 / Thu–Fri 16.–17.6. 9.00–11.30
III Module: Yin Yoga, part 1 / Thu 16.6. 17.30–20.00 & Fri 17.6. 13.00–15.30
IV Module: Home Practicing & Teaching

SCHEDULE 2017 V Module: Ashtanga Vinyasa, parts 2–5 & Yin Yoga, parts 2–5 (online course possible)
VI Module: Final exam & graduation 17.6.2017

Yoga Enthusiasts or Current teachers are encouraged to take individual modules for CE
or personal growth an interest.

PRICE / 2.950 euros – includes learning materials, videos and more.

Separate Bikyasa Module / 950,-

Ashtanga Vinyasa and Yin Yoga Modules / 950,- OR as workshops / á 65,- (Ashtanga Vinyasa + Yin 100,-)

STUDIO YIN HELSINKI / Urheilukatu 5, 00250 Helsinki

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