

# *Yin Yoga Teacher Training*

...with Marla Ericksen



*January 19-21, 2018*

Friday 1:00 - 8:00 pm

Saturday 12:00 - 7:00pm

Sunday 9:00 - 4:00pm

This training is eligible for continuing education credit and Yoga Alliance credentialing

Early Bird - \$475 (Before December 2)

Regular - \$525

Alumni Yin Yoga Certified Students - 1/2 Price

Yin Yoga is a complementary, balancing, healing tool for care of the joint articulations and fascial matrix. Allow Marla to introduce you to the guiding principles and practices of Yin Yoga. Yin Yoga targets the dense, deep connective tissue and stimulates the subtle energy body through manipulation of the fascia. You will experience the effects of this powerful form of Yoga on the body, the heart and the mind. This training is suitable for anyone who is interested in expanding their understanding of practices that enhance human performance and well-being.

**Register: 780-416-4211**

# 206, 2016 Sherwood Drive . [yogafortoday.ca](http://yogafortoday.ca)

