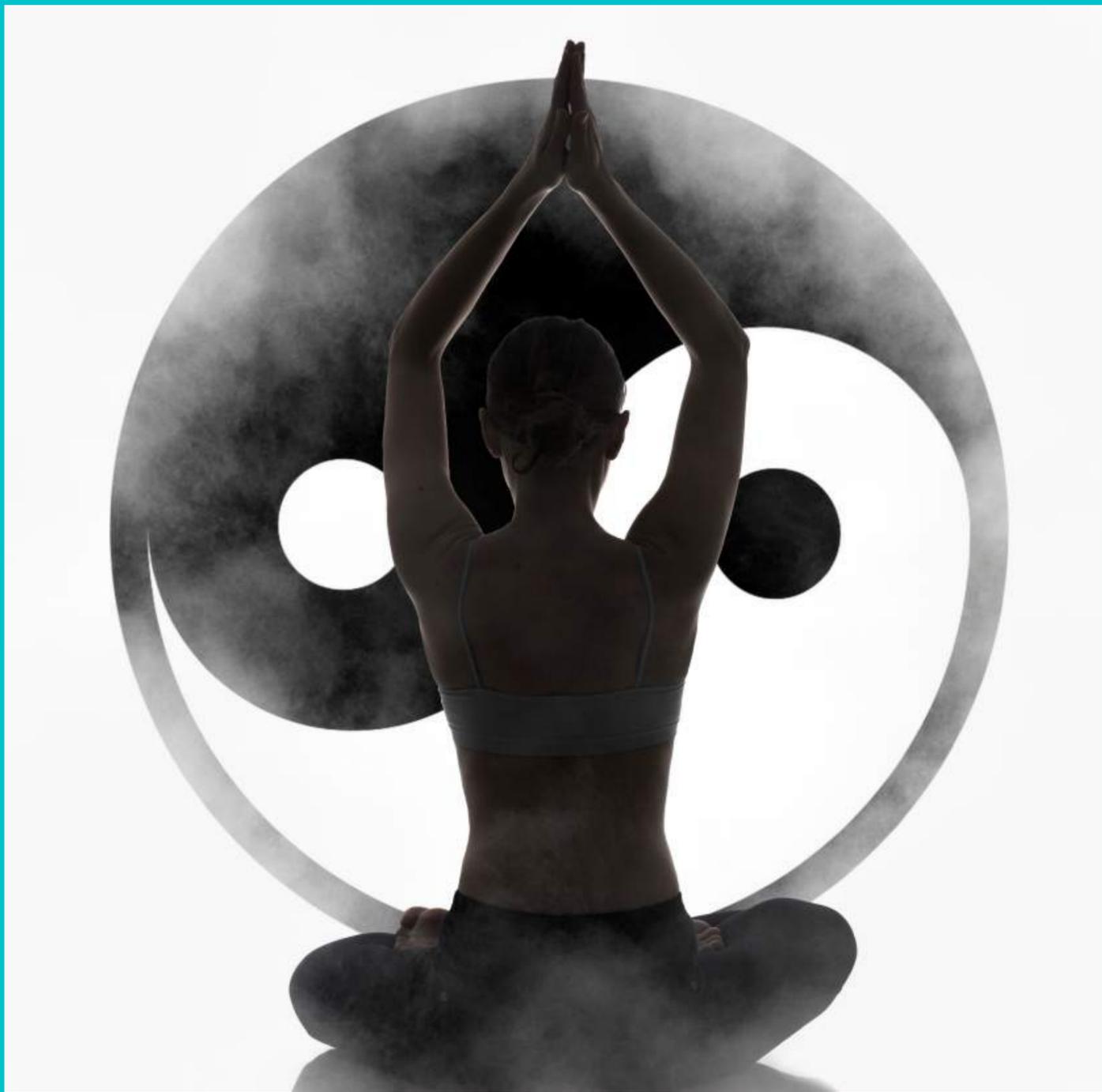


YIN YOGA

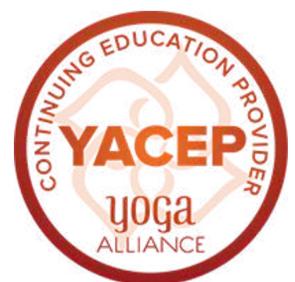
TEACHER TRAINING IN PARADISE

50 hours Yoga Alliance C.E.U

SAYULITA - MEXICO
NOVEMBER 17TH - 21ST, 2021



MARIA ABAD



WWW.MARIAABAD.MX

info: 322 294 1849

YIN YOGA is based on Taoist Philosophy, and Traditional Chinese Medicine. The main focus of the practice is to work on the joints and connective tissues of the body. The postures are done on the ground, and they are held with long permanence, with the purpose of stimulating the flow of Chi (energy), through the Meridians. One of the main benefits of this practice is the improvement of flexibility, which makes it ideal to teach beginners, and those with limited mobility. It also provides an important balance to those practitioners who perform fast, dynamic Yoga, (Vinyasa, Power, Asthanga, etc).

This 50 hours training is for yoga teachers, and regular practitioners with interest in deepening their practice, refreshing, and enriching their teachings.

TOPICS

- Yin Yoga: Definition, History & Philosophy.
- Yin Yoga Asanas: In your personal practice, variations, sequences, and how to teach according to personal needs.
- Functional Anatomy: understanding the physical facts that influence the way each person practices.
- Meridian Theory: Yin Yoga activates the flow of energy lines called Meridians. Learn to locate these lines, and create sequences for the health of the organs.
- Zang and Fu organs: The Yin and Yang organs related to the Meridians.
- Pranayama & Meditation: the tools to complement the Yin practice.
- Restorative Yoga is NOT Yin Yoga: learn the difference between these two styles, similar in nature, but different in their intentions.

About:

Maria Abad

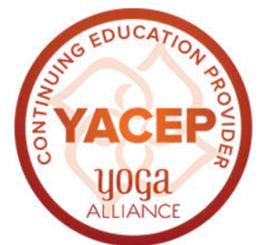


Maria Abad is a senior teacher who shares with us more than 30 years of Yoga experience. She has studied a variety of yoga styles in different locations around the world, (Hatha, Vinyasa, Asthanga Iyengar, Nidra, Laughter, and Restorative).

Since 2008, María has focused on the practice and teachings of Taoist Yoga (Yin and Yang). She is Certified in Yin Yoga with Bernie Clark. Also, she has completed additional Taoist Yoga training with master Pauli Zink, founder of the Yin Yoga Institute, (where she is registered as YYYRT), and she has studied functional anatomy with Paul Grilley. All of them are very influential teachers in the Yin Yoga community.

María has offered this training for over a decade, she is one of the first teachers who introduced Yin Yoga in Latinamerica. As today, she has certified more than one hundred students in Yin Yoga. She has developed an easy to follow training program that has motivated many people to practice and teach this pasive style of Yoga.

When not teaching, Maria complements her yoga practice, with Thai Massage. She is a certified Therapist trained in Thailand, (registered with Thai Healing Alliance).



THAI HEALING ALLIANCE



DATES

NOVEMBER

17TH TO 21ST

2021



DAILY SCHEDULE

8:00 AM to 6:00 PM

(Lunch: 12:30 - 1:30pm)



PARAISO YOGA
SAYULITA - MEXICO

TUITION

REGULAR: 9,800 PESOS

10 % EARLY REGISTRATION

DISCOUNT,

BEFORE SEPTEMBER 20TH, 2021



WWW.MARIAABAD.COM

CONTACTO@MARIAABAD.MX - 322 294 18 49