

YIN YOGA Teacher Training – Level 1

YIN YOGA FOUNDATION TRAINING & EXPERIENTIAL INTENSIVE

with MARLA ERICKSEN

An Exploration of Yin Yoga, Yang Yoga and Everyday Mindfulness for Dedicated Practitioners and Yoga Teachers

This training will introduce the candidate to the experiential and philosophical application of the receptive Yin style, the dynamic Yang style and mindfulness meditation. We will explore the purpose, method and effects of these contemplative practices on the body, the heart and the mind. This intensive will cultivate confidence and competence for sharing the practice as a teacher or to provide a solid foundation for independent applications of body-based consciousness. The *Four Foundations of Mindfulness* will be examined as they relate to the immediate and lingering effects of the Yin Yoga practices on our minds, bodies and hearts. This training is suitable for aspiring and certified Yoga teachers, therapeutic practitioners, fitness professionals and yoga students who are interested in expanding their understanding of this profound collection of practices in universal balance, human energetics and spiritual evolution.

Course Information

Duration: 40 Hour Intensive (30 contact hours/10 independent study hours)

Location: Blue Bamboo Yoga Studio – Stittsville, Ontario

Dates: September 10/11/12, September 25/26

Day/Time: Friday 6:00pm – 8:00pm

Saturday & Sunday 9:00am – 5:00pm

Course Fee: \$750.00 plus HST

\$675.00 (if you register prior to August 15th)

*Register for both courses and receive a 15% discount

YIN YOGA Teacher Training – Level 2

CONTINUUM TRAINING & EXPERIENTIAL INTENSIVE with MARLA ERICKSEN

A Deeper Experience of Yin Yoga, Yang Yoga and Everyday Mindfulness for Dedicated Practitioners and Yoga Teachers

This course of intensive study will build on the Yin Yoga practices and principles that we established in the YIN YOGA FOUNDATION TRAINING. The lens through which we experience the practices of universal balance will widen to include a deeper study of meridian, element and chakra theory, subtle energy anatomy and contemplative work. We

will refine and enhance our work with pranayama, mantra and vinyasa, as well as increase our repertoire of Yin postures. The *Divine Abidings* will provide the framework for furthering our study of mindfulness as it relates to the embodied practice of meditation and all expressions of Yin Yoga.

Course Information

Prerequisite: Yin Yoga Foundation Training – Level 1

Duration: 40 Hour Intensive (30 contact hours/10 independent study hours)

Location: Blue Bamboo Yoga Studio – Stittsville, Ontario

Dates: November 19/20/21, December 4/5

Day/Time: Friday 6:00pm – 8:00pm
Saturday & Sunday 9:00am – 5:00pm

Cost: \$750.00 plus HST

\$675.00 (if you register prior to October 15th)

*Register for both courses and receive a 15% discount (\$1275.00 plus HST)

Distinguishing Features

- The most comprehensive Yin Yoga Training in Eastern Canada conducted by an experienced yogini (E-RYT, 500 level Yoga Alliance) and award winning fitness professional – MARLA ERICKSEN
- Course is conducted in the Yin Yoga lineage as developed, taught and practiced by Paul Grilley and Sarah Powers.
- 40 hours of intensive study eligible for Yoga Alliance CEU's and the Canadian Association of Fitness Professionals CEC's.

Instructor: MARLA ERICKSEN

Marla is a versatile and spirited presenter who thrives on entertaining, educating and empowering people through the imaginative fusion of fitness and Yoga. She accepted the prestigious Canadian Fitness Presenter of the Year award in 2002 and 2007 from the Canadian Association of Fitness Professionals. Marla is an authentic expression of her diverse and rich experience in the fields of fitness and Yoga. In the fitness realm, Marla is creatively pioneering the mind-body movement with reverence to the wisdom traditions. As a yoga teacher, her style reflects an appreciation of the principles that govern human performance while encouraging transformation through embodied presence.

As a contributing author to the recently launched Mind-Body Specialist and Group Fitness Specialist Certification Manuals for Can-Fit-Pro, she continues to champion career development for fitness professionals and yoga teachers internationally. Marla is on the advisory board for Can-Fit-Pro, is a professional member of IDEA and holds RYT 500 & E-RYT 500 designations with Yoga Alliance.

For more information regarding the course please contact Marla directly at marla@empowermelifestyles.com.