



# YIN YOGA Teacher Training

## Certificate Program & Experiential Intensive

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

This training will introduce students to the experiential and philosophical application of the receptive Yin style of practicing yoga. To provide context and contrast, we will also investigate a dynamic Yang style of practice using both Taoist and vinyasa forms. We will explore the purpose, method and effects of these contemplative practices on the body, the heart and the mind through the lens of mindfulness meditation. This intensive will cultivate confidence and competence for sharing the practice as a teacher and also provide a solid foundation for home practice. 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, embodied wisdom and spiritual evolution.

### General Information

**Duration:** 80 Hour Intensive (65 contact hours / ~ 15 independent study hours)

**Location:** Empower ME Yoga Studio & Teacher Training Academy  
1712 Carling Avenue, Ottawa, Ontario  
(613)695-7211

<b>Dates:</b>	Friday, November 11	6:00 pm – 10:00 pm	} <b>Part 1</b>
	Saturday & Sunday, November 12/13	11:00 am – 7:00 pm	
	Saturday & Sunday, November 19/20	11:00 am – 7:00 pm	
	Saturday & Sunday, December 3/4	11:00 am – 7:00 pm	} <b>Part 2</b>
	Saturday & Sunday, December 10/11	11:00 am – 7:00 pm	

**Cost:** Full Certificate Program: \$1499.00 + HST  
Part 1 ONLY \$749.00 + HST  
Part 2 ONLY\*: \$749.00 + HST

(\* Available only to candidates who have completed **Yin Level 1** training with Marla in the past two years)



### Distinguishing Features

- The most comprehensive Yin Yoga Training in Canada facilitated by renowned yogini and award winning fitness professional – MARLA ERICKSEN
- Course material is presented honouring the Yin Yoga lineage as developed, taught and practiced by Paul Grilley and Sarah Powers.
- This course of study is beneficial for yoga teachers and dedicated yoga students, fitness professionals, massage therapists and alternative healing professionals from all backgrounds.
- This course is eligible for registration of contact hours through Yoga Alliance CEU's and Canadian Association of Fitness Professionals CEC's. Any yoga teacher or fitness professional may take this course and independently apply for continuing education credit.
- Candidates can apply and register for the 500-hour Advanced Studies Certificate at Empower ME Yoga Academy within six months of completing this course and receive credit for the Yin Yoga modules.

## Registration

For more detailed information regarding the certification or to register for the Yin Yoga teacher training program, please contact Marla directly at [marla@empowermeyoga.com](mailto:marla@empowermeyoga.com).

## 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.

Many esteemed teachers, styles of Yoga and transformative incidents have inspired Marla's personal life and career path. Sarah Powers and Paul Grilley have had a significant influence on her personal practice as well the forms of Yoga she enjoys teaching – Yin Yoga, Taoist Yoga and Vinyasa Flow. Her primary interest as a teacher involves accessing and nurturing all dimensions of our humanity through body-based consciousness. Marla continues to study and practice various forms of Buddhism and draws extensively from Buddhist psychology in her approach. Marla is the owner and director of Empower ME Yoga Studio & Teacher Training Academy in Ottawa; she presents at industry conferences and is guest faculty for numerous Yoga trainings and retreats internationally. Marla is a recent graduate of the acclaimed 'Mindfulness Yoga & Meditation Training' and mentorship program at Spirit Rock Meditation Center in California. 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.



## Additional Information

- Required reading: **Insight Yoga** by Sarah Powers (*not included: available at EMY Studio*)
- Registration includes a course manual and various handouts
- Registration includes a 5-class pass to Empower ME Yoga Studio

## Course Curriculum:

- Philosophy & Benefits of Yin Yoga
- Foundation Principles of Yin Yoga
- Comparative Anatomy & Human Variation
- Energetic Anatomy
- Meridian & Chakra Theory
- Yin Yoga Asana
- Complementary Yang Asana
- Mindfulness & Meditation
- Basic Buddha Dharma
- Pranayama
- Universal Balance: Yin & Yang