



25 hr Yin Yoga Teacher Training

Module 1 November 23 & 24, 2019

with

Alina Calinescu C-IAYT, E-RYT500



Testimonials - "I suffer from less than speedy muscle recovery and Yin Yoga is the ticket! It is an incredible way to recover and prevent future injuries." – Dayna ,Yin Yoga student

"I honestly think that this has been the best Yoga Training I have attended so far" – Renée Charbonneau-Smith RN, MSc (N) McMaster University Hamilton ,Yin Yoga Training graduate

Investment – Regular price \$369 + HST

Early Bird Save \$25 when you register and pay in full before September 21, 2019

Deadline for Registration October 21, 2019

Alina is an Integrated Health Yoga Therapy graduate, Certified Yoga Therapist and Experienced Yoga Teacher Trainer with 8,000 hours of teaching experience. She utilizes Yin Yoga as a complementary practice for optimizing the health and wellness of her students and for easing symptoms of discomfort and tightness. Her teachers include Bernie Clark, Judith Hanson Lasater, Dr. Timothy McCall and many others with a medical and physiotherapy background.

Yin Yoga is becoming increasingly popular in Yoga studios. Targeting the connective tissues (ligaments, tendons, joints, fascia) of the hips, pelvis and spine Yin Yoga is a perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat and the lengthening and contracting of our muscles.

