## 40 HOUR Yin Yoga Training

with Patricia McPherson

**SEPTEMBER 21ST - OCTOBER 6TH** 

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## Course Curriculum 40 HOUR YIN TRAINING



01.	FOUNDATION OF YIN INTRO TO PRINCIPLES & BENEFITS OF YIN
02.	BENEFITS OF THE PRACTICE PHYSICAL - ANATOMY & PHYSIOLOGY
03.	BENEFITS OF THE PRACTICE ENERGY - QI, PRANA, MERIDIANS, CHAKRAS, ELEMENTS
04.	BENEFITS OF THE PRACTICE MENTAL/EMOTIONAL - YIN & MEDITATION
05.	THE POSES OF YIN BENEFITS, CONTRAINDICATIONS
06.	FUNCTIONAL APPROACH TO YIN YIN IS LIFEWORK
07.	AWAKENING YOUR INNER GUIDE: FINDING YOUR VOICE, HOW TO SEQUENCE
08.	BRINGING IT ALL TOGETHER! SEQUENCES, PRACTICUM AND MORE!