



Yin Yoga the core . . .

100 Hour Yin Teacher Training

First class begins Friday,

March 06 at our Claremont

Location. 665 E. Foothill Blvd., Claremont

Next to Starbucks. Call for info 909-624-4800

Want to learn to teach? Deepen your practice? Earn CEU's? Sign up now!

Spaces are limited: call studio 909-624-4800 or

Questions? Email Monica: monicamathews@earthlink.net

Hold your spot with first installment due by February 14, 2020 registration: \$500. Second Installment due, March 20, 2020: \$500. Our teacher training program consists of 4 modules. The schedule will be two weekends a month, Friday nights 5:30-9:30pm, Saturdays 12:30-6:30pm, and Sundays 12:30-6:30pm for 2 ½ months. We feel that this training schedule best fits the busy, active lifestyles of our students and gives plenty of time for study, homework assignments and yoga practice. Training Schedule: First week is orientation, handouts and the Yin foundation: (Module 1) March 6, 7 and 8 (Module 2) March 20, 21 & 22 (Module 3) April 3, 4 and 5 (Module 4) April 17, 18 and (NO Easter Sunday the 19) Last day Sunday, April 26th (Certificates presented, final homework assignments graded)

Faculty:

Monica Mathews, 500 E-RYT with Yoga Alliance, Myofascial Release Certified, Vertical Aerial Certified YogaWorks Certified

Michael Llanera, 200 RYT with Yoga Alliance, Yin specialty, incorporates Functional Range Conditioning

Tonya Morton, 200 RYT with Yoga Alliance, Barre Certified, 100 Yin Certified, Vertical Aerial Certified

This program will enable the graduating participant to obtain a 100 hour Teaching Certificate. We follow the guidelines and incorporate the following educational categories required by Yoga Alliance:

1. Teaching Techniques, Pranayama, Alignments

2. Methodology, verbal cueing, sequencing, adjusting

3. Anatomy and physiology, Muscular, skeletal, chakras, connective tissue

4. Yoga Philosophy and Ethics, History, yoga lineages, student-teacher relationships, Yamas and Niyamas

The Yoga Unit, 665 E. Foothill Blvd. Suite A, Claremont, CA 91711