



YIN YOGA IMMERSIVE TRAINING

CLASS OF 2024
JAN 13 & 14, 27 & 28
FEB 10 & 11

You are invited to deepen your practice in this unique Swami Kripalu inspired 50+hour certification program, now offered in-person in Richmond Hill!

FOR DETAILS AND
HOW TO APPLY, CONTACT
SHEILA 416-460-0653
SHANTIYOGA.SHEILA@GMAIL.COM

\$950 INSTALLMENT PLAN AVAILABLE
\$875 WHEN PAID IN FULL BY DEC 30th

YIN YOGA TEACHER CERTIFICATION IN THE TRADITION OF SWAMI KRIPALU

IS FOR ANYONE WITH THE INTENTION TO DEEPEN THEIR PRACTICE

50-HOUR SYLLABUS

- YIN YOGA THEORY AND PRACTICE
- ANATOMY - PAUL GRILLEY'S 14-10-7
- POSTURES AND MODIFICATIONS
- SEQUENCING AND CUEING
- TRAUMA AND CONTRAINDICATORS INFORMED
- CHAKRA THEORY LEVEL 1
- MERIDIAN THEORY LEVEL 1
- YOGA PHILOSOPHY AND HUMAN PSYCHOLOGY
- MINDFULNESS BASED MEDITATION
- INTRODUCTION TO YOGA NIDRA
- PRACTICE TEACH WITH SOMATIC RESPONSE

EXTRA-CURRICULAR COURSE REQUIREMENTS

15 OF THE 50 HOURS WILL BE SPENT IN INDEPENDENT STUDY, HOMEWORK AND PREPARATION.
ATTENDANCE IN APPROVED WORKSHOPS AND CLASSES AS NOTED:

*MINIMUM 2 YIN RELATED WORKSHOPS

*MINIMUM 2 YIN YOGA CLASSES (75 MINUTES OR LONGER)

MATERIALS

*PRINTED TRAINING MANUAL WILL BE PROVIDED

*BOOK LIST OF RECOMMENDED READING

*USE OF PROPS AVAILABLE OR BYO



YOUR INSTRUCTOR

Sheila Abbruzzo provides practical, guided instruction in classes, workshops, specialty programs and 1:1 mentorships. Her weekly classes are well-known and can be attended online and in-person. She has led over 7000 hours of international teaching in yoga and wellness. She is a 500-hour certified yoga teacher trainer with various degrees and certifications. Her passion for yoga is a way of life and is deeply rooted in her values and lifestyle. Sheila is accompanied and supported by a team of specialized instructors to guide you through this unforgettable program.