

Yin Yoga Exploration

A Teacher Training Intensive
with *Asha Wolf, DPT, CMA*

This 15 hour weekend workshop is designed for those who want to teach Yin Yoga as well as for those who are simply interested in deepening their understanding of this beautiful practice.

We live in a predominantly Yang society. Most yoga practices in the West are almost entirely Yang in nature. Our culture teaches us to do, to strive, to change. Equally important is to just be, to receive, to surrender to the qualities of Yin.

In a Yin Yoga practice the postures are gravity assisted and held for a longer period of time, inviting the muscles to relax and the fascia of the body to stretch and release. As the fascia lets go, tension melts and our inner "stories" dissolve. Yin Yoga offers many nurturing and healing benefits to the body, mind and heart.

In this intensive we will explore the physical and energetic details of Yin Yoga. Content covered over the course of the weekend will include basic understanding of Yin Yoga asanas, proper sequencing, use of props and the effects of the asanas on our emotional, mental, physiological and subtle bodies. Study of breath, chakras and our meridian system will be included in this relaxing, yet informative weekend.



Asha Wolf holds a Doctorate in Physical Therapy and is a Certified Movement Analyst. She brings to her yoga teaching over 20 years of exploration of our internal landscapes through anatomy, physiology, movement and a variety of body-mind modalities. Her teaching style is direct, clear and accessible with a nurturing hands-on approach.



February 10-12, 2012 in Boulder, CO - \$325

(Early Bird Discount: \$250 if paid by January 10th)

**You will need to bring your own props (block, two blankets and bolster)
or you can pre-order a set of props for \$100.**

Contact Asha at (303)652-0463 or asha@wolfyoga.com