

ADVANCE YOUR PRACTICE YIN YOGA TEACHER TRAINING

This 30-hour training is a strong complimentary training for a current Yoga Teacher of any style, or a spring board for the student who is ready to take the leap into a broader perspective and fuller

First Weekend (May 17 & 18)

11:30am - 6:30pm

Fundamentals and Anatomical Variations

- Analyze, observe and practice the elements of Yin Yoga
- Discuss variations in anatomy
- Sequencing for a Yin class

Second Weekend (May 24 & 25)

11:30am - 6:30pm

Functional Alignment

- Continue discussion of alignment
- Discuss muscle, fascia and energy lines
- The art of assisting and adjusting in Yin Yoga

Pricing: 1st Weekend Cost: \$275

Special Early Registration for Full Course!!

\$550 when paid in full by 5/1. (\$600 after 5/1); register with a minimum \$150 deposit*

Required Materials (not included, available for purchase in our bookstore)

- *Yin Yoga: Principles and Practice - 10th Anniversary Edition* by Paul Grilley
- *Anatomy for Yoga* DVD with Paul Grilley

Strongly Recommended: *Yin Yoga: The Foundations of a Quiet Practice* DVD w/Paul Grilley

ABOUT JOE

Joe Barnett, E-RYT 500, has been teaching for over a decade. He travels nationally and internationally year round, teaching many styles of movement and has certifications in Yang (Vinyasa) Yoga, Yin Yoga & Acro Yoga.

His main focus of study is Functional Anatomy for Yoga and all forms of movement. Joe is a senior student of Paul Grilley, a true Yoga Scientist who is largely responsible for the current rise in the popularity of Yin Yoga and Functional Alignment. Using Paul's Taoist Analysis of Yoga and the Body, Joe teaches yogis how to understand and feel the full range of motion of their joints and their students' joints; and how to use this wisdom effectively and therapeutically in yoga.

His play time is usually spent practicing, teaching and drawing others into AcroYoga which he has been playing since 2006 when he met Jason Magness, Co-Founder of YogaSlackers, with whom he continues to train/play whenever he can. In 2010, Joe traveled to Montreal to receive both levels of certification through the original AcroYogis Eugene Poku and Jessie Goldberg.



THE YOGA CONNECTION
IS PROUD TO PRESENT

YOGA WORKSHOPS

With Joe Barnett, E-RYT 500



The Yoga Connection

3929 E Pima | www.yogaconnection.org
520.323.1222 | yoga@yogaconnection.org

Yoga Workshops: May 15 & 16

Third Eye: Yin Yoga, Dream Work & Meditation

Thursday, May 15, 1:30-3pm

Yin Yoga's techniques of surrender and observation naturally open what the Yogis called the Third Eye: the space where visions and dreams are projected...though not necessarily where they originate. As the deep tissue is released in Yin Yoga, water channels open up in the physical body, the energy flows more freely and an equally fluid course of visions often follow. The intention of this practice will be to keep the Third Eye receptive.

Yin Yoga: Deep Spine Work

Thursday May 15, 7-8:30pm

A Yin Yoga practice designed specifically to dive into the Ligaments of the Spine. Bending and twisting the spine for 3-5 minutes of surrender in every direction, the postures of this sequence are designed to release fixation and draw fluids into the discs. The goal is lightness and freedom of movement, as well as the release of emotional blockages which regularly get trapped deep into the body's axis. A gentle breath work and visualization practice will accompany these techniques to assist in soothing the Spirit of the practitioner as she moves through these challenges and finds peace, quiet and rest.

AcroYoga Basics

Friday, May 16, 2:30-4pm

AcroYoga combines yoga, healing arts and acrobatics. AcroYoga blends the wisdom of yoga, the dynamic power of acrobatics and the loving kindness of healing arts. It is a practice that cultivates trust and playfulness. In this workshop Joe will guide you to develop the skills to work with a wide variety of people, no matter the personality, shape or size. *No prior experience necessary.*

Yin Yoga & Chakra Meditation

Friday, May 16, 5:30-8:30pm

The mysteries of the energetic body go as deep as the spirit, as deep as the mysteries of life and death. The study of the Chakras and Meridians is the study of the wheels and rivers of subtle energy that unite our physical, emotional and thinking bodies. The practice of Yin Yoga directly affects the Meridian system. The techniques of surrender can lead the practitioner into their spine where the Chakra wheels spin and deep truths reside.

Included in the 30 Hour Yin Yoga Teacher Training

Single Workshop Cost: \$40 (\$45 after 5/10)

May 22 & 23

Sleeping Swan/Flying Dragon: A Yin/Yang Yoga Sequence

Thursday, May 22, 1:30-3pm

The quiet, long held, deep tissue work of Yin Yoga is only half of the equation in a fuller Taoist Yoga practice. Yang Yoga is its complement of continuous movement to bring strong blood and Chi movement into the muscles and meridians. In this workshop we will explore the Flying Dragon sequence: Big circular movements, graceful twists, bends, and colorful, creative imagery and visualization. Grow wings in this Fire fueled sequence only to transform your effort into a deeply surrendering Sleeping Swan.

Yin Yoga: Deep Hip Work

Thursday May 22, 7-8:30pm

A Yin Yoga practice designed specifically to stretch, stimulate, and strengthen the Joint Capsules of the Hips. Surrendering for 3-5 minute of traction in all four quadrants of the thigh, the postures of this sequence are designed to release fixation and increase the production of synovial fluid. The goal is lightness and freedom of movement, as well as the release of emotional blockages which regularly get trapped in and around the Pelvis and Hip Sockets. A gentle breath work and visualization practice will accompany these techniques to assist in soothing the Spirit of the practitioner as she moves through these challenges and finds peace, quiet and rest.

The Yin and Yang Aspects of AcroYoga

Friday, May 23, 2:30-4pm

The Yin aspect of AcroYoga is a flying massage, a therapeutic passive flight. The Yang is a partner flow with graceful sequences like a fluid modern dance. With proper training, we become sensitive to the give and take of our partner's efforts until the two become one synergistic unit. Consciously blending the Yin & Yang the AcroYogi learns to trust and be trusted, to play and surrender.

The Rebound: An Exit Strategy

Friday, May 23, 5:30-8:30pm

The most challenging part of a Yin Yoga Posture is coming out of it. The most powerful part of the practice is the quiet space between poses: observing the vibrations that ripple through the body. From physical sensations through emotional fluctuations and thought patterns, this study will reveal the science and philosophy of the power of Savasana (Corpse Pose) and The Rebound.

Included in the 30 Hour Yin Yoga Teacher Training

Single Workshop Cost: \$40 (\$45 after 5/15)

Pricing: Drop-In \$20 (\$25 after 5/8), 4 Workshops for \$72, 5 Workshops for \$90, 6 Workshops for \$108

Yin Yoga Chakra Meditation & The Rebound: An Exit Strategy are included in the 30hr Yin Yoga Teacher Training & are open to the public as single workshops.