

YIN YOGA IMMERSION & TEACHER TRAINING CHRISTY BROWN MILL VALLEY

Sept. 14-15, 28-29; Oct. 12-13, 26-27;
Nov. 23-24



SATURDAYS 12-5PM | SUNDAYS 2-8PM
\$900; \$800 until July 14
Limited to 18 participants

This intimate teacher training course is for students and teachers of yoga who wish to learn to teach Yin Yoga, as well as for anyone who wishes to be immersed in the profound benefits of this meditative, therapeutic and transformative practice.

In order to fully understand, appreciate and benefit from the meditative foundation of Yin Yoga—where some of the most transformative elements of the practice lie—students will be asked to maintain a daily meditation practice for the duration of the training.

Topics will include:

- Asana practice
- Meditation
- Anatomy
- Modern and ancient roots of Yin Yoga
- Meridian and chakra theory of the ancient Chinese medicine system
- Nadis, chakras and koshas of the ancient Ayurvedic Indian system
- Taoist and ancient Indian yogic philosophy
- Safe and intelligent sequencing
- Dealing with injuries and other special needs
- Therapeutic applications of Yin Yoga

- Yin Yoga and Bhakti Yoga: Devotion and Spiritual Reflection
- Practice teaching
- The business of Yin Yoga
- One-on-one mentoring with Christy

"I have complete confidence in Christy's sensitive and skillful ability to teach teachers the nourishing practice of Yin yoga."

-Sarah Powers, international yoga teacher and author of *Insight Yoga*

Christy Brown has taught Vinyasa Yoga over 12 years and Yin Yoga over 10 years. She studied Yin Yoga with Sarah Powers and Paul Grilley and has studied in India with S.N. Goenka (Vipassana meditation) and Sri K. Pattabhi Jois (Ashtanga Yoga) and in the U.S. with the Dalai Lama, among other important teachers. ChristyBrownYoga.com

TO REGISTER, OR FOR
MORE INFORMATION,
CALL 415.318.7650