

JACQUELENE SADEK & BODYTREE STUDIO

100 HOUR YIN YOGA TEACHER TRAINING | MARCH 2019



This 100-hour Yin Yoga Teacher Training certified by Yoga Alliance, is designed to prepare yoga teachers (RYT 200, RYT 500, E-RYT) and yoga lovers to experience the energetic, emotional and healing benefits of Yin Yoga, and in turn, to share this with others.

- Explore and practice all Yin postures that correspond to the Four Seasons and Five Elements.
- Deep dive into how the Five Primary Yin Organs can heal the symptoms that affect the Yang Organs
- Study the specific meridian points of subtle energy through the body's landscape and internal matrix (fascia, the connective tissue)
- Understand the energetic laws that allow the body to naturally heal itself.
- Become an authentic and creative Yin Yoga teacher who can teach and guide students through physical, energetic and emotional levels of experience.

Investment: AED 6,295

Early Bird - Book and pay before 14 February: 10% Discount

Prior registration and payment are recommended to secure your space.

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Price include 5% VAT

COURSE BREAKDOWN

Attendance at Bodytree Studio, Abu Dhabi:

73 hours

Self study and Assignments: **25 hours**

Exam: **2 hours**

Students will receive a manual and (upon successful completion of the course) a certificate.

BODYTREE COURSE DATES

Dates: 4 weekends Thu-Sat 7,8,9 & 14,15,16 & 21,22,23 & 28,29,30 March

Times:

Thu: 10am-2pm

Fri: 9am-5pm

Sat: 9am-5pm

ELIGIBILITY

Open to anyone seeking to understand and explore the dynamics of yin; all yoga students who want to deepen their own knowledge and self-practice are welcome to join.

This course is particularly recommended for yoga teachers who are already certified and are now building their Continuing Professional Development (CPD) hours.

Ladies Only

ABOUT JACQUELENE

Jacqueline Sadek (500ERYT) is a senior yoga teacher at Bodytree. She trained with a traditional Indian Hatha yoga teacher, Shanti Gowans from The Meditation Institute from 1998-2001. She then undertook further international training with Samadhi Yoga, Simon Low (Yoga Academy U.K) and Kathryn McClusker in Hatha, Yin and Kundalini yoga.

