

# TEACHER TRAINING WITH JACQUELENE SADEK

AT BODYTREE STUDIO  
150 HOUR YIN PART 2 | OCTOBER 2019



**"Learning is definitely not mere imitation or the ability to accumulate and conform to fixed knowledge. Learning is a constant process of discovery and never a concluding one"**

– Bruce Lee

Following on from the 100hr Teacher Training students will be given the opportunity to collaborate with one another in creating Yin sequences involving specific conditions that they are required to research and then design a class which they will be expected to teach to the students attending the training. A more in depth approach, using the original manual this continuation course is interactive with an emphasis on physical practice involving the five primary organs, five elements, five seasons and five spirits. The ability to flow through a practice such as Yin Yoga which is predominantly seated requires a deeper understanding of the powerful effect that Yin has with regard to the fundamental principles and energetic laws that govern the following:

- Overview of the body systems
- Bones and joints
- Piriformis and PSOAS muscle
- Fascia and its relationship to healing bones and joints including piriformis and PSOAS muscle
- Exploring fascial lines according to Yin Yoga
- In-depth knowledge of channels according to the five primary organs
- The endocrine system according to the Dan Tians
- The respiratory system according to Yin
- Flying Dragon – the Yang to Yin Yoga

Price: 9,450 AED

Early Bird: 10% off if fully paid by September 15th

Prior registration and payment are recommended to secure your space.

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Price includes 5% VAT

## COURSE BREAKDOWN

Attendance at Bodytree Studio, Abu Dhabi

### 150 hours

150 hours includes class attendance, self study, a practical and theoretical exam for successful completion of training and a certification from Yoga Alliance Australia/Worldwide.

## BODYTREE COURSE DATES

### Thursdays

October 24th & 31st

Time: 2pm – 6pm

### Fridays & Saturdays

October 18th – November 16th

Time: 9am – 5pm

## ELIGIBILITY

This Teacher Training certified by Yoga Alliance Australia/Worldwide and the first of its kind is only suitable for students who have successfully completed the 100 hour Teacher Training with Jacqueline Sadek or a Certified 100 hour Yin Teacher Training.

## 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 UK) and Kathryn McCusker in Hatha, Yin and Kundalini Yoga.

