



CHILLAX: A Yin Yoga Journey

THROUGH THE KOSHAS



November 12-16, 2018

1:00pm - 6:00pm

\$575 // EARLY BIRD SPECIAL: \$500 EXPIRES OCTOBER 5, 2018

This intensive is intended for anyone who wants to deepen their experiential understanding of “the Quiet Practice”, including teachers who want to incorporate a deeper level of understanding of Yin Yoga into their teaching and home practices.

Over 5 days, Jennifer will guide you from the physical body to the subtle bodies, using the Koshas as a tool to aid in your journey of self-discovery. Each day will consist of a deep Yin practice based on 1 of the 5 Koshas, followed with pranayama and meditation. At the end of each day, we’ll dive deeper into the theory and practical work of the Yin practice.

Jennifer’s lectures on the anatomical body will give a structured foundation in which students will feel confident in sequencing safe and effective Yin practices for themselves and others. Once the framework is laid then the deeper layers of the practice can be taught through work on the subtle bodies which will be investigated through breathwork and meditation.