

# Yin Yoga + the Koshas

## 25 Hour Teacher Training



### Jennifer Elliott

November 2-3 & 8-10, 2019

Sat + Sun | 11am-4pm

Friday | 1:30pm-6:30pm

\$575; \$500 by Oct 5

YogaWorks Westlake Village

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.

In this training you will learn:

- Physical aspects of Yin: Anatomy and Physiology, Sequencing, Props and Injury Management
- Energetic aspects of Yin: Koshas, Chi and Prana, Meridians, Nadis, Vayus
- Mental aspects of Yin: Pranayama, Chanting and Meditation

**LEARN MORE AND REGISTER ON OUR APP OR  
VISIT [YOGAWORKS.COM/WORKSHOPS](http://YOGAWORKS.COM/WORKSHOPS)**

2475 Townsgate Rd, Westlake Village, CA 91361 (805) 371-3030



*Jennifer Elliott is an ERYT-500 and Yoga Therapist who has been teaching for 19 years. She blends her skills to create a seamless and challenging class for her students. For those who are ready for the next step, she shares her knowledge through her workshops and teacher trainings.*

[www.jenniferelliottyoga.com](http://www.jenniferelliottyoga.com)

