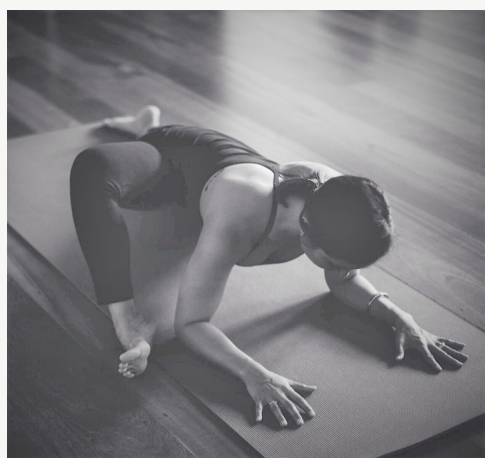


yin yoga

30 hour Intensive

Nov 17 to 21, 2022



This yin yoga Teacher Training will focus on the 'how to' of yin, and also explore its origins, evolutions and intentions.

The course will be an immersion for teachers and interested students wanting to investigate this quiet practice at a deeper level.

Your training will be guided by Josephine Tanham. Josie's initial yin Teacher Training was with the founder of yin yoga, Paul Grilley. She's gone on to further study completing her level I & II yin yoga Insight

Teacher Training with the internationally, Sarah Powers.

Josie is also a certified Mindfulness Meditation teacher, accredited through the Australasian Mindfulness Institute. She will weave her understanding of these complimentary practises into the course. Highly regarded Perth teacher and yin devotee, Kat Gregory, will also share knowledge from her wealth of yin study and practise, with specific focus on current fascia research and methodology.

The course is \$880 and will be delivered over 4-days at the warm hearted Open House Studio. To find out more please visit the Open House website

<https://www.openhouse-yoga.com/pages/yin-yoga-teacher-training-philosophy-practice>

