



Yin Intensive Certificate of Completion

Spela Francic

July 1, 2020

Date of Completion

Skaya Hedstrom

Vinyasa & Yin Methodology

Teacher Trainer

The Yin intensive was developed for certified yoga teachers to gain understanding and confidence to sequence and teach Yin Yoga

Modules:

History of Yin Yoga

Yin Asanas- Modifications and Benefits

Use of Props

Facial Likes and Anatomy (front, back, lateral & spiral)

Sequencing-Theory and Practical