



YIN YOGA TEACHER TRAINING

**Yin Yoga & Yoga Anatomy Workshop (2 x 3 hours)  
& FREE info talk about a Yin Yoga Teacher Training  
with international teachers Markus Giess & Karin Sang  
Hosted By Tauranga Yoga Centre**

**TAKE  
A WALK  
ON THE  
YIN SIDE.**

**YIN THERAPY**  
YIN YOGA TEACHER TRAINING

**YIN YOGA & ANATOMY  
INTENSIVE WORKSHOPS.**  
With international Yin Yoga teachers  
Markus Giess and Karin Sang

**YinTherapy.com**

When: Saturday 4th July 2015

Where: Tauranga Yoga Centre, 173 Elizabeth Street West, Tauranga

To book email: [info@taurangayoga.org.nz](mailto:info@taurangayoga.org.nz) or call 022 350 3891

Times: 11:15am - 2:15pm & 3:00pm - 6:00pm

Price: \$60 per session / \$110 both sessions

## SCHEDULE: SHORT OVERVIEW

### Saturday 11:15am - 2:15pm

Theory: Yin Yoga lecture including its influence on relieving stress and back pain

Practice: Hip opener class (approx. 2 hours)

### Saturday 3:00pm - 6:00pm

Theory: Yoga Anatomy - compression vs. tension  
"It's all in the Bones" - unique bone structure (joint variations)

Practice: Analysis und tests of the following asanas

Lotus - external rotation  
Lying Hero - internal rotation  
Shoulder Stand - neck - shoulder - collar bone - shoulder blade  
Head Stand - collar bone & shoulder blade

### Saturday 6:00pm - 6:30pm

Free info talk for yoga students and teachers alike, who are interested to find out more about our upcoming Yin Yoga Teacher Training in Auckland in September 2015. We will explain the outline of the training with time for discussion and an opportunity to answer any questions that may arise regarding the training.

*(A full schedule of training is available upon request)*

## ABOUT THE TEACHERS

*Yin Therapy founders Markus Giess and Karin Sang have each completed over 500 hours of certified yoga teacher training firstly with Power Yoga founder Bryan Kest and then Yin Yoga founder Paul Grilley. Before becoming yoga teachers, they led parallel lives working for over 16 years as professional musical performers throughout Germany, England and Switzerland. Markus and Karin are known for their unique style of shedding light on the yin side of yoga, their undogmatic style of teaching and making anatomy entertaining, humorous and enlightening.*

For more information on Yin Yoga, the workshop and/or teacher training programme please go to [www.yintherapy.com](http://www.yintherapy.com) or call Karin at: 0204 88 00 20

