

Soul Life Presents a Yin Yoga Weekend Immersion with Dennis and Kathy Lang, E-RYT500



♥ Soul Life

Want to deepen your yoga practice and become certified to guide others in the quiet stillness of Yin Yoga?

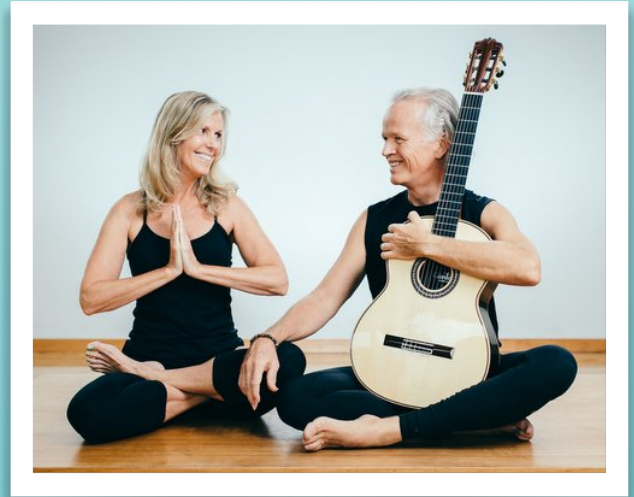
This comprehensive teacher training immersion includes three yin practices with live music by Dennis and a variety of instruments (guitar, crystal bowls, gongs, sitar and Native American flute).

Class discussion topics include history and philosophy, meridian theory, application for athletes, stress reduction and more. We will breakdown and practice the 26 basic postures with suggestions for alignment and correct positioning for your at home practice as well as teaching.

Open to all levels. All will receive certification as well as electronic class notes and slides.

15 hours of Yoga Alliance CEU's available.

Space is very limited and all safety precautions will be in place for Covid-19.



June 11 - 13

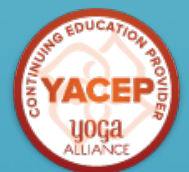
Fri 6:00-9:00pm

Sat 9:30-4:30pm

Sun 9:30-4:30pm

Cost: \$425 with and Early Bird discount of \$385 until May 20th so register now!

To reserve your spot, go to www.soullife.us, call 904.616.7738 or email dleeby@gmail.com



Are you missing LIVE learning and connection? We are...join us in June!