

ONE YOGA FOR THE PEOPLE

Yin. *The Way In.*

a Teacher Training Intensive
with Jolene Bayda

An exploration and excavation of your infinite self while distinguishing “the yin” from within the poses in a deeply meditative approach to a still & quiet asana practice.

Let’s take a look at how to weave together a conscious sequence of poses to create a seamless practice. You will experience teaching Yin in a safe and supportive environment where you are encouraged to source your own instinctive style of teaching.

NOV 10 - 1:30PM-9:30PM

NOV 11 - 12PM-9PM

NOV 12 - 12PM-9PM

NOV 14 - 6AM-9AM

NOV 15 - 6AM-9AM

NOV 16 - 6AM-9AM

NOV 17 - 1:30PM-9:30PM

NOV 18 - 12PM-9PM

NOV 19 - 12PM-9PM

\$750 / \$600*

*WITH PARTIAL SCHOLARSHIP

55 HOURS

(YACEP REGISTERED)



FOR THE PEOPLE
oneyoga