

Move through a study of stillness 50h Yin Teachers Training

By Groove Marrakech

27 - 30 June 2024



Bab Zouina
yoga, nature & retreat



Find your own voice as Yin Yoga Teacher,

Sami, drawing from his background in Hatha and Ashtanga yoga, offers a unique perspective on Yin Yoga.

We will start by revisiting the fundamentals, beginning with a definition of Yin Yoga and its connections to fascia-focused practices. We will then proceed to compare it with restorative and yang yoga, highlighting their distinctions while underlining their compatibility when combined.

Naturally, we will delve into the history and principles of Yin Yoga, exploring its philosophical underpinnings and its integration with Chinese medicine and Meridian theory.

Our journey continues with an exploration of the core postures in Yin Yoga and their various variations. Before we proceed, a brief overview of the body's anatomy and physical structure will help us grasp how these postures influence connective tissues and fascia.

Finally, we will address the tools and techniques for effective teaching. This involves crafting personalized sequences tailored to individual needs and incorporating complementary practices such as meditation, pranayama, mantras, and more. We will also touch on teaching methodologies, the influential role of language choice, and the significance of tone of voice.

SUMMARY:

Yin Yoga is a slow-paced and modern yoga practice that combines the principles of traditional Chinese medicine with the principles of yoga.

PROGRAM:

The training includes Practice, theory, anatomy, pranayama, meditation, philosophy and history.

FEATURES:

- **Style:** Yin Yoga
- **Skill Level:** yoga students, yoga teachers
Beginner, Intermediate, Advanced
- **Free gifts:** therapeutic massage with a professional physiotherapist. *(If you book with Bab Zouina)*





Taking place at a traditional Moroccan villa, **Bab Zouina**

An oasis for meditation and peace, Bab Zouina is situated at the foot of the Atlas Mountains surrounded by olive trees and lush ornamental gardens. Far from urban living, the buildings are ecologically built with cut stone and natural mud bricks in respect to the environment. Bab Zouina has kept an authentic serene spirit allowing guests to enliven their senses and in rhythm with nature.



Traditional Moroccan and Berber meals are cooked daily with fresh and local produce.

Guest rooms are spacious and authentic: carpets, cushions, crafts, and a comfy bed.



Teachers

Emad Eddine



Sami Arabi



Wafaa Snibla



Nahla Benabdillah

Registration & Price

Triple room	€ 760
Twin room	€ 815
Twin room w/ private bathroom	€ 850
Single room	€ 886
Single room w/ private bathroom	€ 1'048

What is included:

- Yoga Alliance certificate of completion
- Accommodation for 3 nights/4 days
- All on-site meals
- Course manual printed book
- All props required for practice
- Fruits, tea and coffee at all times.

What's not included:

- Fly tickets
- Visa Fee, Travel insurance
- Airport transfer from & to Bab Zouina
- Personal expenses
- Option available for additional cost

To register please send an email expressing interest to : marhaba@babzouina.com or via WhatsApp : +41.79.336.48.48



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