

# YIN YOGA Foundations

## TEACHER TRAINING & EXPERIENTIAL INTENSIVE

with MARLA ERICKSEN

### An Exploration of Yin Yoga, Yang Yoga and Everyday Mindfulness for Dedicated Practitioners and Teachers

This training is intended to deepen one's understanding of the experiential and philosophical application of the receptive Yin style, the dynamic Yang style and mindfulness meditation. We will explore the purpose, method and effects of these contemplative practices on the body, the heart and the mind. This intensive will cultivate confidence and competence for sharing the practice as a teacher or to provide a solid foundation for independent exploration of body-based consciousness. This training is suitable for aspiring teachers as well as those who are interested in expanding their understanding of this profound collection of practices in universal balance, human energetics and spiritual evolution.

## REGISTRATION IS OPEN!

Call SANTOSHA YOGA in Westboro at (613)235-5378 or register [online](#).

### Course Information:

- Duration:** 40 Hour Intensive
- Location:** Santosha Westboro – Ottawa, CANADA
- Dates:** April 9/10/11, April 24/25, May 8/9
- Day/Time:** Friday 6:00pm – 9:00pm  
Saturday & Sunday 1:00pm – 7:00pm
- Cost:** \$795.00 plus GST

## *Distinguishing Features:*

- The most comprehensive Yin Yoga Training in Eastern Canada conducted by an experienced yogi (E-RYT, 500 level) and award winning fitness professional – MARLA ERICKSEN
- 40 contact hours eligible for Yoga Alliance CEU's and the Canadian Association of Fitness Professionals CEC's

## *\*\*\*EXCITING NEWS\*\*\**

You asked for it... we listened! **YIN YOGA FOR A YANG WORLD** a continuation of study in Yin Yoga will launch Fall 2010. Stay tuned for more details!

## *Instructor: MARLA ERICKSEN*

Marla is a versatile and spirited presenter who thrives on entertaining, educating and empowering people through the imaginative fusion of fitness and Yoga. She accepted the prestigious Canadian Fitness Presenter of the Year award in 2002 and 2007 from the Canadian Association of Fitness Professionals. Marla is an authentic expression of her diverse and rich experience in the fields of fitness and Yoga. In the fitness realm, Marla is creatively pioneering the mind-body movement with reverence to the wisdom traditions. As a yoga teacher, her style reflects an appreciation of the principles that govern human performance while encouraging transformation through embodied presence.

As a contributing author to the recently launched Mind-Body Specialist and Group Fitness Specialist Certification Manuals for Can-Fit-Pro, she continues to champion career development for fitness professionals nationwide. Marla offers therapeutic yoga and integrative fitness therapy services in a clinical environment at Vitallife Centre for Integrative Medicine in Ottawa's west end. She is on the advisory board for Can-Fit-Pro, is a professional member of IDEA and holds RYT 500 & E-RYT 500 designations with Yoga Alliance.

For more information regarding the course please contact Marla directly at [marla@marlaericksen.com](mailto:marla@marlaericksen.com).