



YIN YOGA TEACHER TRAINING

SINGAPORE

6 – 17 DECEMBER 2016
8AM – 5PM DAILY



A 100-HOUR TRAINING BASED ON CHINESE PHILOSOPHY & CHINESE MEDICINE

A teacher training is really about wanting to embark on a journey that brings benefits of the practice to others. In this process, one has to acquire the knowledge and gain direct experience from the practice. Undertake a journey of self-transformation with Victor Chng, Asia's leading Yin Yoga Teacher, to radically change your ideas on yoga, discover how to get more out of your current practice, and learn how to teach effectively to your students.

The training is divided into two courses. They are both our entry-level courses for students to gain in-depth understanding on what Yin Yoga entails. Course 1 & 2 help students to design and teach basic yin yoga and meridian sequences after the training. The training will be practice focus with hands-on experience on adjustments and refinements. Students are also required to do research, readings and written homework during the courses.

ABOUT VICTOR CHNG

Victor Chng is the leading Yin Yoga teacher and teacher trainer in Asia. He has trained more than 500 Yin Yoga teachers from all over the world. As a traveling teacher, Victor has successfully conducted Yin Yoga workshops, trainings, and retreats both in Asia and Europe. Some of the countries include Singapore, Brunei, Bhutan, Indonesia, Malaysia, Nepal, Thailand, Japan, Hong Kong, China, Denmark & Finland. Victor's motivation to teach yoga comes from a desire to bring healing to people. Victor is the founder of www.yinyogainasia.com. You may contact Victor at +65 9826 0088 or email info@yinyogainasia.com

COURSE 1

6–11 DECEMBER 2016

**The Theory & Practice of Yin Yoga
(Basic)**

Training Hours: 50 Contact Hour

COURSE 2

12–17 DECEMBER 2016

**The Yin Yoga Meridian Practice
(Basic)**

Training Hours: 50 Contact Hour

USEFUL WEBSITE LINKS

www.yinyogainasia.com

www.facebook.com/yinyogatraining

www.facebook.com/YinYogaInAsia

www.facebook.com/pages/YIN-YOGA-Retreats/1415924325287149

www.facebook.com/YogaInAsia

VENUE

To be confirmed

COURSE FEE

Full Course: S\$ 2400

Early-bird Special: S\$ 2040

(Payment collected by 30 Sep 2016)

STAND-ALONE SIGN-UP

Course One or Two: S\$ 1200

Early-bird Special: S\$ 1020

(Payment collected by 30 Sep 2016)

Note: anyone who are signing up for course two alone need to have attended course one.

This programme is developed by:

yin in asia 
yoga

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