

YIN YOGA



Teacher Certification 2012 100-hour course with Master Paulie Zink

This is the only official Yin Yoga Teacher Certification Course authorized by The Yin Yoga Institute and taught by the founding master of Yin Yoga, Paulie Zink. Learn to teach the art of Yin Yoga as it is intended to be taught.

Two one-week sessions: April 21-27 & June 9-15

Daily Schedule: 12:00-6:00 pm

\$2,950

10% discount if registered by February 15, payment plans are available

Yin Yoga was developed by Master Zink from the Taoist spiritual traditions and health practices of ancient China. In Taoist philosophy, the entire universe is regarded as a living organism imbued with life force. Being in harmony with the flow of this energy in nature is the essence of Taoist attitude. The primary purpose of Yin Yoga is to restore and enliven our innate ability to move with fluidity, power, and grace.

Participants will learn to open to their intuitive hearts, to discover the individual expression of the artist within, to awaken to our spontaneous and playful spirit, and to transcend the boundaries of the analytical mind in order to advance beyond the techniques for doing yoga into cultivating a way of being yoga, of living it in our day-to-day lives, and sharing these gifts with the lives of those we touch.

In this Teacher Certification Course, participants will study the deeper dimensions and comprehensive components of the art of Yin and Yang yoga, including:

- The alchemy of the Five Elemental Energies
- The circular flow of energy and the cycle of yin and yang in yoga practice
- Master Zink's teaching philosophy with emphasis on developing the intricacies and variations of postures
- The opportunity to practice teach under Master Zink's supervision

Master Paulie Zink received private intensive training for ten years as the sole protégé of Chinese Taoist yoga and kung fu master, Cho Chat Ling. A three-time international martial arts grand champion, Paulie is renowned for his fluidity, flexibility, and artistry of motion. He teaches with a relaxed and playful demeanor that encourages everyone to feel accepted and comfortable. He brings to his teaching over 30 years' experience.

For more information visit www.PaulieZink.com and www.TheYinYogaInstitute.com.

“Our bodies are mostly water. Our natural state is to move fluidly like water and adapt to our environment. When I do yoga I want to be like water pouring from a vessel.”

~ Paulie Zink



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