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BETTY PAPADOPOULOU  
AT  
AGORA LISBOA  
OCTOBER 23-28

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**6 - DAY  
YIN YOGA  
TRAINING**

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5 DAYS LEVEL 1  
AT AGORA LISBOA  
AGORA-LISBOA.COM

# YIN YOGA TRAINING



Yin Yoga is a beautiful ceremony. It vibrates in different rhythms and traditions, recites poetry, follows our heartbeat and it's subject is always Love.

This Training is a stand-alone course. In this 6-day training we will look at how this practice with its ancient yogic roots, can affect our physical and emotional bodies.

Through this understanding, we will explore ways to lead a Yin class and to incorporate Yin postures and philosophy into any practice. We will also share many simple and playful practices, to broaden our experience as yoga teachers, and to approach Yin Yoga and Life with an open and clear heart.

To know more about the teacher Betty Papadopoulou, check her website <https://yogathaisoul.gr/en/>

## CONTENT 1/2

# THIS TRAINING INCLUDES



**Practices of Self-growth: Yin & Spiritual medicine**

**Practices of Love and Kindness**

**The Yin practice of non-striving and how it influences our lives and our teaching**

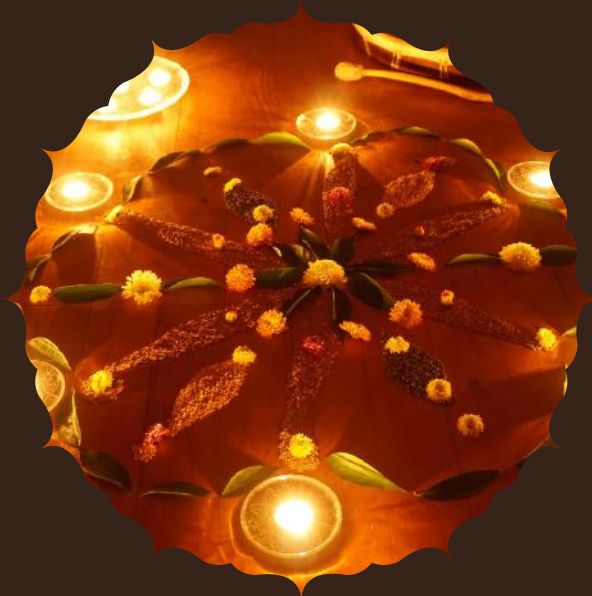
**The movement of Qi or Prana in the body, and how it can be affected by Yin practice**

**Understanding the postures and sequencing of a Yin class**

**Understanding Fascia – Theory and Techniques – Trauma & Yin Yoga**

## CONTENT 2/2

# THIS TRAINING INCLUDES



**Yin Yoga Anatomy – Body movement:  
mechanism and limitations – Anatomy and  
the understanding of our own natural  
pattern**

**Meridian theory and application**

**Yin Yoga and the five elements – theory  
and practices: Yin Yoga & Spiritual  
Medicine**

**What does it mean to hold a safe, sacred  
space for a Yin practice**

**Taoist practices as they apply to Yin Yoga:  
Yin Yoga & Spiritual Medicine**

**Primitive Dance expression, kirtan**



SEND EMAIL AT  
INFO@AGORA-LISBOA.COM  
TO REGISTER OR ASK US  
ABOUT THE COURSE

## PRACTICAL INFORMATION



Dates : October 23-28 2020  
6-DAY Training :

Including 35 HOURS contact hours  
+ 15 hours non- contact hours  
(assignment to complete the 50  
hours)  
+ Training Manual

PRICE : 520 EUROS  
Includes certificate of completion

Limited Spots with current  
restrictions (might be subjected to  
change):

10-12 people