

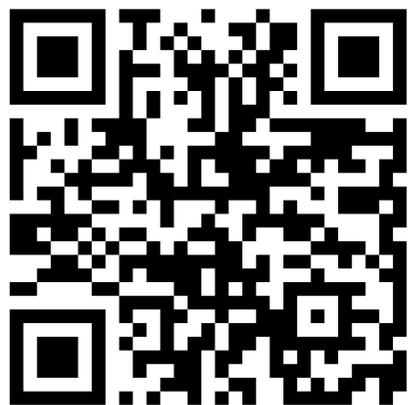
Align Studio Presents

60 Hour Yin Teacher Training

Deepen. Ground. Transform.

with Anne H.

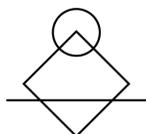
9 am - 6 pm
February 21 & 22
March 14 & 15
April 11 & 12



This comprehensive 60 hour teacher training is designed for yoga teachers, wellness professionals, and dedicated students who want to deepen their understanding of the yin path - physically, mentally, and energetically.

Explore the art of stillness through long-held, floor-based postures that nourish the joints, release fascia, and restore balance to the nervous system. You'll learn the functional anatomy of yin, the energetic principles of Traditional Chinese Medicine, and how to confidently sequence and guide transformative yin practices.

Member Price: \$899
Non Member Price: \$949



ALIGN

YOGA • FITNESS • WELLNESS

