



Yin Yoga Teacher Training with Jenny Sørensen Vaage

Monte Feliz 22. Aug – 6. sept 2026 (50/100 hours)

For anyone wishing to deepen their practice in Yin yoga and relaxation – either for personal growth or for yoga teachers who want to guide others.

A yoga journey in stillness, rest and awareness

Welcome to a deepening yoga journey filled with yoga, meditation, and pranayama – guided by yoga teacher *Jenny Sørensen Vaage* under the sun of *Bahia Feliz*. This training offers a deep dive into resting, calmness, and relaxation through the practice of *Yin yoga*. The focus is on presence in the moment and wellbeing for body and mind – as you rest, move with awareness, and enjoy the beauty of your surroundings. A wonderful opportunity to recharge and reconnect with yourself.

About the yoga

Yin yoga is a quiet and meditative practice that emphasizes stillness, relaxation, and mindful awareness. The poses are performed seated or lying down and are held passively for several minutes (*typically 3–5*) to gently affect the connective tissues, tendons, and joints. By doing less, you experience more – more calm, more connection, more spaciousness in body and mind. Yin yoga offers balance to more dynamic yoga styles and physical activity. It cultivates freedom of movement, inner balance, and a deep, lasting sense of rest.

Course Details

- ❖ **Format:** Choose between 2 weeks = 100 hours (*including approx. 20 hours of self-studies*), or just the first week = 50 hours (*including approx. 10 hours of self-studies*)
- ❖ **Certification:** The training provides *100 Continuing Education (CE) hours* with *Yoga Alliance* for registered teachers (*50 CE hours for the 1-week option*)
- ❖ **Certificate:** Awarded upon completion of all course requirements, including participation and self-studies
- ❖ **Manual:** Comprehensive manual with *theoretical and practical introduction to Yin yoga*
- ❖ **Guidance:** Includes the possibility for personal guidance with Jenny during and after the course (up to 3 hours)
- ❖ **Language:** The course language will be adjusted according to the group - *Norwegian or English* - depending on the language of the participants.



- ❖ If you do not want a round trip flight Oslo- Gran Canaria, it is also possible. Information is available in the registration form.

Schedule *(Please note that the schedule is subject to change. The final schedule will be provided at the start of the course.)*

07:30 - 09:00 MORNING SADHANA *(Pranayama, Meditation & Asana)*

09:00 - 10:00 BREAKFAST

10:15 - 11:15 THEORY *(Philosophy, History etc)*

11:30 - 13:00 ASANA LAB/WORKSHOP

13:00 - 15:00 BREAK *(lunch, rest & self-studies)*

15:00 - 17:00 ASANA PRACTICE /YIN YOGA IMMERSION

17:00 - 17:30 SADHANA *(Meditation/Yoga Nidra)*

19:00 DINNER

(Some evenings include additional optional activities)

Exceptions:

Arrival Day - Saturday, June 6: Welcome Ceremony & Deep Relaxation only

Wednesday, June 10: Morning and evening practice only

Sunday, June 14: Rest day (morning practice only) - time to relax, enjoy, and explore the surroundings

Wednesday, June 17: Morning and evening practice only

Friday, June 19: Special program

Departure Day - Saturday, June 20

What You Will Learn

This training helps you develop a deeper understanding of your own body and yoga practice, while giving you tools for stress regulation, presence, and the sharing of yoga. After completing the course, you will have a solid foundation in Yin yoga *and be able to teach fundamental Yin yoga classes with confidence and insight.*

Curriculum

- ❖ *Key principles and history of Yin Yoga*
- ❖ *Benefits of Yin Yoga*
- ❖ *Yoga philosophy*
- ❖ *Yin Yoga asana*
- ❖ *Functional yoga and applied anatomy*
- ❖ *Fascia and the senses*
- ❖ *The nervous system and rest*
- ❖ *Pranayama - breath and relaxation*
- ❖ *Yin Yoga and deep rest*
- ❖ *Guiding deep relaxation*
- ❖ *Use of props in Yin Yoga*
- ❖ *Teaching methodology (elective)*
- ❖ *How to run a yoga business - some tips & advice (elective)*



Before the course

A portion of the course includes self-study and reading, primarily from the manual provided and selected recommended literature.

Recommended reading:

- Bernie Clark: *The Complete Guide to Yin Yoga*
- Paul Grilley: *Yin Yoga: Principles and Practice*

(If you would like to start practicing before the journey, you can register for weekly online yoga with Jenny - live on Zoom: www.yogajenny.no/onlineyoga)

Certification

The training meets *Yoga Alliance Continuing Education* (CE) standards. Upon completion of the 2-week training, you will receive a certificate for 100 hours of Yin Yoga training (or 50 hours for the 1-week option).

After the course

If you are not a certified yoga teacher (*RYT200*), and you wish to teach others, we recommend that you combine this training with a basic 200-hour yoga teacher training.

After completing the course, you will be able to practice and share Yin yoga with confidence, clarity, and understanding.

About Jenny Sørensen Vaage

Read more about Jenny here: www.yogajenny.no/en-about-jenny

Information about the course in English is also on her web-page:

<https://www.yogajenny.no/en/yin-yoga-immersion>

