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## Yin Yoga Teacher Training with Jenny Sørensen Vaage

*Monte Feliz June 6-20 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](http://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](http://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>

