



YIN YOGA TEACHER TRAINING

20-26TH APRIL 2024

AT THE CHETTINAD HOUSE, IBIZA

WITH DIANA BROOK



HELLO, I'M DIANA BROOK

Join me in Ibiza in April 2024 for an immersive 30hr Yin Yoga CPD Teacher Training Course accredited by The Welsh Academy of Yoga.

The Chettinad House, a dreamy private residence in the Ibiza hills, will be our home for 6 *exclusive* nights.

Yin Yoga takes practice, patience and presence. During your Yin Yoga Training, you will learn as each moment unfurls to place your attention on the powerful connection of your breath and become fully present.

This course is an invitation for you to allow life to unfold while you study how to slow down...

Please note: to receive 30hr CPD certification you must have already completed your 200hr Yoga Teacher Training.





THE TRAINING - YIN YOGA 30 HOUR CPD £550.00

We will study the key fundamentals of yin yoga, including both the philosophy and practice:

- A deep dive into the 5 Element Theory an essential principle of Traditional Chinese Medicine, learning fundamental Yin Yoga Poses including forward folds, backbends, twists, and hip openers.
- Investigating the physical benefits, including the nervous system and fascial system.
- The 5 Qualities of Yin Yoga and how to ground in stillness, using ALL the yoga props!
- Mapping the 12 main paired yin & yang meridians of the energetic body and how they relate to seasons, our health and emotions.
- Exploring the relationship between the flow of Chi and the vital organs including the essence of Jing & Shen.
- How to integrate breath and meditation in Yin Yoga & so much more...



THE VENUE

The Chettinad House is a truly unique blend of local traditional architecture and modern interior design, nestled in the Ibiza hills.

With high beamed ceilings beneath flat rooftops, deep fortress-like windows, and an abundance of light streaming in through floor-to-ceiling retractable glass doors.

There is also a terraced swimming pool, framed by an extra-large group setting for dining or lounging together, so we can get to know each other over delicious food and stunning views.





THE DOME

The Chettinad welcomes some of the world's leading yoga teachers and well-being therapists to host retreats in peaceful and welcoming accommodations.

The geodesic Yoga Dome is a unique space specifically designed for teaching groups. Its luminous and airy volume, tranquil interior, and views of the beautiful countryside enhance a sense of well-being during practice.

The perfect dedicated practice space for your Yin Yoga Teacher Training.



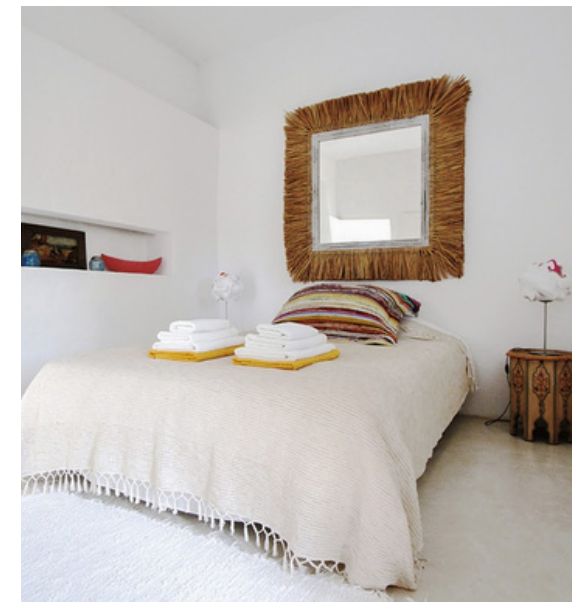
THE ROOMS

You can choose your accommodation either in the beautiful main house, garden cottage or in one of the two detached micro suites overlooking the beautiful shores of Ibiza.

Choose from either Twin-Shared or Single Occupancy offering either shared bathrooms or en-suites in the Main House, Garden Cottages or Micro-Suites.

Twin-Shared pricing starts from £1,395.00 per person

Single Occupancy from £1550.00





THE MENU

You will enjoy a delicious, healthy menu prepared daily by our private Chettinad chef.

Brunch and evening meals will be provided each day.

You can select a Vegan or Vegetarian menu when you book and all dietary requirements can be catered for.

Get ready for a week of truly nourishing, nutritious and joyful food!





BOOKING CONDITIONS

A non-refundable £350 deposit per person is required to secure your booking.

The balance payment per person is now due in full 8 weeks prior to departure (instalment payments are available upon request). Credit Card, PayPal, Bank transfer payments all accepted.

TRAVEL & ARRIVALS

Please note that pricing excludes flights and travel insurance and you will need to book those independently to arrive by Saturday, 20th April 2024 and departure on Friday, 26th April 2024.

Arrivals are welcome from 4pm and check out is at 10am.



I can't wait to welcome you to island life in Ibiza to nurture and develop your teaching practice. [Visit my website](#) to book your spot.

Yin Yoga is about finding our way home and I can't think of a better beautiful quiet space to explore the qualities of presence, body and being.

Diana

