

## MODULE 2

# Exploring the 7 archetypes of a yin practice – befriending the teacher within with Angela



### Meet Angela E-RYT 200

Angela has been practicing at Hot Yoga Wellington since it's beginnings with Lou and Clare. Assisting on teacher trainings is a journey she loves and she's very much looking forward to deepening that experience of sharing and supporting with the 300hr training.

Angela has trained extensively with Sarah Powers and Joe Barnett. She has also trained with Jo Phee, Amy Ippoliti, Dr Timothy McCall, Tiffany Cruickshank, Anodea Judith and online, Paul Grilley, Jason Crandell and Janet Stone. Angela loves tapping into so many different teaching influences to help guide others toward a practice of their own that brings joy and a sense of peace and comfort with the ebbing and flowing of life.

During the yin module, your days will be shaped by theory, practice and interactive conversation - shining a light on the functional approach to yin postures. Each of us are different - both skeletally and muscularly - which can alter the experience of a pose from one body to another. During this module, we celebrate these differences using posture variations, props and visualisations. So we can enhance our individual experience of asana through feeling and breath, as opposed to aesthetics.

We'll dive deeply into the 7 archetypes of yin yoga (based on Paul Grilley's functional approach), gaining an advanced understanding by breaking down each posture one by one. As the week progresses we'll layer these learnings with use of intention within a teaching environment - including meditation, theming and music - to help us dive deep and settle in.

**"Our Yoga practice should be alive and adaptable to our needs as we go through the seasons of our lives."**

**- Paul Grilley**

