

JW AIRFLOW(TM) YIN YOGA TRAINING COURSE 2020



JW AIRFLOW
YOGA & PILATES STUDIO



JW AIRFLOW(TM) YIN YOGA TRAINING COURSE

ADDRESS : TREFOIL; KUALA LUMPUR

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Venue: Trefoil@SetiaCity, Kuala Lumpur

Fees: RM3000(early bird before End MAY 2020)(Normal Price RM3500)

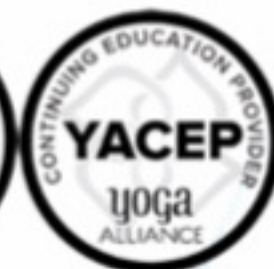
Date: 3rd-5th JULY 2020

Time:8am-6.00pm

Come experience a 30-Hours 3-Days Training On Airflow@Yin Yoga which blends the following:

- A) Yin Meridian Lines & Emotions Meridien in the body
- B) **SPECIAL 1-DAY on ACUYIN AIRFLOW- Acupressure points for common pain areas & maintain general good health**
- C) How to Sequence a 90-Minutes Airflow@Yin Yoga Class
- D) Why Anti-gravity with Yin Yoga & Discussion on Yin Yoga poses for Therapy purposes- mainly for sciatica, lower back pain, IT band tightness, knee pain, neck pain/migraine
- E) Fundamentals of Yin Yoga & Fascia & Skeletal Variations
- F) Master classes to cover -Stomach/Spleen, Kidney/Bladder, Gall Bladder/Liver, Lung/Heart/Pericardium/Triple Warmer
- G) How to deepen into stretching and surrender into the sensation of fascia release
- H) Scoliosis Management with Airflow hammocks
- I) Injury Prevention Management & Safety precautions using the hammock
- J) ENTRY LEVEL : Multi-level & Yin yoga fanatics! 😊

Certificate of Completion will be awarded



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Payment to:

Public Bank Account

CA no : 3813369823

JW Wellness Lifestyle Center