

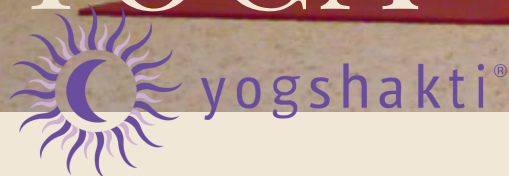
SARAH POWERS

5-DAY

TEACHER TRAINING INTENSIVE

YIN / INSIGHT

YOGA



DEEPEN YOUR PRACTICE & TEACHING

For the first time at Yogshakti, join internationally renowned teacher Sarah Powers, co-founder of the Insight Yoga Institute, for an immersive training that weaves Yin Yoga, Chinese Medicine, and Buddhist Mindfulness into a cohesive, transformative practice. This 5-day intensive offers both experiential and philosophical understanding designed for teachers and dedicated practitioners.

COURSE INCLUDES

- Each day will include 2 hours on Yin Yoga and 2 hours on Mindfulness Meditation
- Receive a 20-hour certificate toward Yoga Alliance or Insight Yoga certification upon completion and submission of a reflection paper.

YOU'LL LEARN

- Yin Yoga- how, why and when to practice this style safely and effectively
- Organ health and Yoga practice (sequences for the kidneys, liver, Spleen, Lungs and Heart)
- Mindfulness in asana
- How to assist those with injuries in Yin postures
- Skillful verbal communication
- Committing to a personal practice.

ABOUT SARAH POWERS

Sarah Powers blends Yoga, Buddhism, and Transpersonal Psychology into an integrated, compassionate practice. With over 30 years of teaching experience, her Insight Yoga approach unites Yin sequences, meridian theory, and meditation for holistic growth.

DATES & PRICES

Dates: February 4-8 2026

Location: Yogshakti Yoga Center

Times: 10.00 AM – 12.00 PM
& 2.00 PM – 4.00 PM

Early bird rate (ends 30 Nov):
RM 3,350

Regular rate: RM 3,600

*Due to high demand, it is first come first serve. Limited spots available.

**Full upfront payment required



REGISTER HERE

SARAH POWERS

5-DAY

TEACHER TRAINING INTENSIVE

YIN / INSIGHT

YOGA



PHILOSOPHY

- Subtle body anatomy according to Yogic and Chinese philosophy
- Meridian theory and Chinese Medicine
- Buddhist Psychology and emotional maturity

PRANAYAMA

Pranayama is the expansion of the life force through breath regulation. It is the profound practice of circulating and redistributing prana in both the physical and subtle body through various breathing and visualization practices.

- Overview of the Nine Clearing Rounds Daily Pranayama Practice

* Exploring Pranayama in Yin Yoga

MINDFULNESS MEDITATION

The essence of a committed yoga practice is meditative focus and awareness. Developing and sustaining a formal meditation practice can be a continual source of insight, rejuvenation and compassion. Meditation practice begins with stabilizing our attention in a relaxed yet vivid way. This practice is called Shamatha. As one's concentration develops, we can begin to inquire into the nature of our experience and our own minds. This is the practice of Vipassana, or clear seeing. As teachers, developing attentional balance and self-inquiry not only amplifies our capacity to teach from our own experiential insights, but allows others to feel safe and inspired to deepen their own inner journey in our company. We will discuss and develop Buddhist Mindfulness meditation (Sati Patthana--The Four Foundations of Mindfulness), with an emphasis on how to share these practices with others.

**REGISTER
HERE**



REQUIRED READING

1. Insight Yoga by Sarah Powers
2. Yin Yoga by Paul Grilley
3. Mindfulness in Plain English by Bhante Gunaratana;