

50 HOUR

Yin & Restorative Yoga Immersion

April 3-7, 2027 | Edinburgh, Scotland

Immerse yourself in the study of **Yin and Restorative Yoga** in a setting rooted in nature, culture and history.

This **Yoga Alliance** recognised program is eligible for continuing education hours, those pursuing their 500hr Yoga teaching certification with Tofino Yoga, or anyone looking to learn more about **nervous system regulation**. Everyone is welcome and experience teaching Yoga is not necessary.



Faculty



Dede Monette

Dede's journey with Yoga began in childhood, guided by an innate curiosity and a deep connection to nature. With over 20 years of teaching experience, she shares Yoga in a way that is rooted, and compassionate. As the Tofino Yoga School Lead trainer, Dede and her faculty have graduated over 100 students from all over the world. When she is not teaching, Dede is happiest with sandy feet and salty hair with her passport nearby.

Course Highlights



Yoga Alliance Certified

This continuing education program is recognized by **Yoga Alliance** and is eligible for those pursuing their 500 hour certification when all three 100hr CE modules are completed through Tofino Yoga School.



Set Amidst Historic Beauty

Set in the **heart of Edinburgh**, each day consists of study and practice in a city long known for its wisdom, creativity, and cultural depth, making it a perfect setting for inner exploration



Open to Everyone

This immersion is designed for both Yoga teachers and those working with nervous system regulation, such as nurses, teachers or counsellors, as well as anyone looking for an opportunity to **slow down and reconnect**.



Comprehensive Curriculum

An **in-depth** study into the history of Restorative and Yin Yoga, anatomy, philosophy, foundations and applied methodology.

Curriculum

History

Explore the **roots and evolution** of Yin and Restorative Yoga, from ancient traditions to modern adaptations, and understand their unique place in the yoga lineage.

Philosophy

Delve into the philosophical principles that highlight **stillness-based practices**, drawing from Taoist, yogic, and mindfulness traditions to deepen both your practice and teaching.

Foundations

Learn the core principles, postures, and sequencing methods that define Yin and Restorative Yoga, with emphasis on **functional alignment**, props, and intentional holding.

Anatomy

Gain essential insight into functional anatomy and fascia, empowering you to teach with **safety, clarity, and respect** for individual body variations.

Yoga Energetics

Understand the **subtle body systems**, including meridians, chakras, and energetic flow, to support deeper release and balance through targeted posture work.

Stillness and Release

Develop an intimate understanding of how stillness, surrender, and nervous system regulation lead to profound physical, emotional, and energetic **transformation**.



Daily Schedule



Our 10-day immersive training blends focused daily learning and intentional rest.

While timings may shift slightly, this structure is designed to support a balanced blend of study, connection & reflection.

8:00am - 9:00am | Yoga Asana

9:00am - 9:30am | Breakfast

9:30am - 1:00pm | Lecture

1:00pm - 2:00pm | Lunch

2:00pm - 4:45pm | Lecture

4:45pm - 5:00pm | Break

5:00pm - 5:30pm | Gentle Practice

6:00pm | Group activity*

*Some evenings may be required for satsang or other group activities.



Join us at the Salisbury Centre for a 5-day immersive journey into the art of Yin and Restorative Yoga, where transformative teachings meet intentional rest.

Apply today at
tofinoyoga.com

Tuition
£777



Questions About Our 50hr Yoga Teacher Training?

We're happy to connect and support you in making the right choice for your journey. Email us at **info@tofinoyoga.com**.

