

50 HOUR

Yin & Restorative Yoga Immersion

April 1-6th, 2027 | Edinburgh, Scotland

Immerse yourself in the study of **Yin and Restorative Yoga** in beautiful **Edinburgh, Scotland**. This 6 days immersion is offered at the **Salisbury Spiritual Centre** April 1-6th 2027.

This **Yoga Alliance** recognized program is eligible for Continuing Education hours. It is open to anyone looking to learn more about Yin & Restorative Yoga and **nervous system regulation**. Everyone is welcome and experience teaching Yoga is not necessary.



Your Teacher

Dede Monette

Dede's journey with yoga began in childhood, guided by an innate curiosity and deep connection to nature.

Rooted in Tofino, British Columbia, Canada, Dede has been teaching for over 20 years and is the founder and director of the Tofino Yoga School, offering 200hr Yoga Teacher Training and Continuing Education programs.

Her teaching draws from Hatha, Yin and Restorative Yoga, meditation, philosophy, and trauma-informed practices.

Dede has the immense privilege of working within First Nations communities, offering accessible yoga and wellness programs.

A wife, mother, teacher, and lifelong student, her work is deeply rooted in nature, community, and connection

Dede is happiest with sandy feet and salty hair with her passport nearby.

tofinoyoga.com

**Questions About Our 50hr
Yoga Teacher Training?**

Email us at **info@tofinoyoga.com**



Course Highlights



Yoga Alliance Certified

This continuing education program is recognized by the **Yoga Alliance** and is eligible for those pursuing their 300hr/500hr certification when all three 100hr CE modules are completed through Tofino Yoga School.



Set Amidst Historic Beauty

Set in the heart of Edinburgh and offered at the **Salisbury Spiritual Centre**, each day consists of study and practice in a city long known for its cultural and historical 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 Yin Yoga & Restorative 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 6 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 - 2:15pm | Lunch

2:15pm - 4:30pm | Lecture

4:30pm - 5:30pm | Gentle Practice

6:00pm | Dinner and/or Group Activity*

Tuition

£888

\$1599 CAD

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