



Yoga Alliance accredited

70HR YOGA YIN YOGA TEACHER TRAINING

MALLORCA SPAIN

APRIL 6 -13
MAY 25 - JUNE 1





HEY, I'M MARIA DIEHN


I am the founder of Yoga MariSol

Yoga has been the real constant in my life and always made me feel at peace. It allowed me to work through my emotions and it's always been an anchor in my life.

I am an E-RYT 500, I did my basic 200 YTT in India, Rishikesh, an advanced 300 TT in Costa Rica and I've done many additional trainings such as a 70hr Yin Yoga teacher training, 40hr prenatal Yoga, 50hr somatic Yin training, 50hr FaceSpine Yoga, 20hr trauma informed TT, Yoga for Women as well as Yoga for Stress and Anxiety (over 100hr).

I continuously evolve as a teacher through my students, the trainings I offer and continuing education I take for myself.





YIN YOGA IS THE
LOVING AND
PROFOUND WORK
WITH ONE'S OWN
BODY



01

PERSONAL & PROFESSIONAL GROWTH

This training offers a transformative journey integrating Yin Yoga with traditional Chinese medicine. Explore organs, meridians, emotions, seasons, and elements. Distinguish between Yin and Yang practices, and delve into chakras and fascia. Discover how Yin Yoga alleviates stress and affects the nervous system, fostering both personal and professional growth. Additionally, gain insight into trauma-informed approaches to Yin Yoga. Through this condensed yet comprehensive experience, unlock the healing potential of Yin Yoga for yourself and others.



HIGHLIGHTS

- 2 daily yoga classes
 - Yin Yang Yoga
 - Yin Yoga
- 2 daily workshops & lectures
- 70 contact hours of training
- Daily morning ritual with meditation, pranayama, chanting
- 3 daily organic meals (vegan / vegetarian) are prepared by the private chef
- Beautiful spacious garden, saltwater swimming pool, fireplace
- Lots of sacred little areas to relax
- 7 nights accommodation in a stunning mallorcan Finca
- Shared shuttle included
- 75 sqm Yoga Shala and high quality equipment
- Senior guest teachers

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03

THE TOPICS WE WILL COVER

- Exploration of Yin & Yang
- Sequencing Yin Yoga classes
- The combination of Yin Yoga and Traditional Chinese Medicine – the seasons, the meridian theory, organ health, elements, connected emotions
- Yin Yoga to regulate the nervous system
- How to teach Yin Yoga in a trauma informed and embodied way
- Yin yoga and the Chakras
- Emotional release in Yin Yoga
- Yin Yoga and Fascia
- Yoga Nidra

After the completion of the Training, you will be confident sequencing and teaching your own Yin Yoga class and will receive a training certificate recognized by the Yoga Alliance for continuing education (70hrs). 80-90% of my graduates start to teach Yin Yoga after this course.



THE VENUE

FINCA SANAU

- Finca Sanau is situated in Mallorca, near the village of Porreres and in walking distance to the Monastery of Monti-Sion
- The famous Es Trenc beach is in only 20km distance
- It has 75 m2 with underfloor heating.
- The shala is fully equipped with Manduka yoga mats, 2 blankets per person, bolsters, blocks, belts and audio equipment.
- The finca set in luscious gardens which naturally create their own private spaces and corner ideal for resting, meditating or reading
- This authentic majorcan house surrounded by large spacious gardens which offer you the possibility of experiencing deep rest embraced by nature, hammocks under the shade of the trees, the singing birds, and the running water of the fountains create a magical atmosphere ideal to restore balance to mind-body.spirit
- There are many terraces around the house and the salt water pool where one can enjoy relaxing alone or within the company of the group.

04



LEARN, STUDY & GROW

You will dive into the depths and self-healing aspects of Yin yoga and you will gain all the knowledge you need to sequence and confidently teach your own Yin yoga classes. The focus of the training is the combination of Yin Yoga and traditional Chinese medicine. We will explore the organs, the meridians, the connected emotions, the seasons, and the elements. We will explore the chakras as well as fascia and explore how Yin Yoga can help with stress and anxiety and the effect it has on our nervous system. The training also covers a trauma-informed approach to Yin Yoga.



RETREAT & REJANUVATE

Regulate your nervous system, connect with yourself & nature, rest & digest

During your breaks, you can relax by the saltwater swimming pool, in the spacious gardens with lots of sacred hidden spots, take a walk to the nearby ancient monastery, relax by the fireplace, or use the Shala for your meditation or journaling to integrate, rest, recharge, retreat & rejuvenate

OUR GUEST TEACHERS



AMBER SAWYER

A life journey of more than 25 years of study and practice in Yoga, Ayurveda and Meditation, as well as a PhD in the Biomedical Sciences and a deeply seeded dharma of birth-work and pelvic health medicine have brought Amber into a unique path where scientific, ancient and sacred feminine wisdoms merge together into a holistic journey of exploration.



LALLY MOLINA

Lally Molina is a Yoga and Meditation Teacher, Conscious Lifestyle and Business Mentor. As a spiritual teacher, she teaches embodiment practices, Yin Yang yoga classes as well as restorative and Yin yoga classes. She will be guiding through some of our morning and evening practices.



DANIEL SONIC ROJAS

Professional dancer and movement master, Daniel Sonic Rojas has been dancing & performing for more than 30 years, and is known around the world for his movement creativity and dance mastery.

Daniel has created his own healing art form, Alliyana Movement, and will offer a Alliyana movement Yin Yang session

OUR PRIVATE CHEFS

Seal Private Dining

Will and Emma Seal

Having amassed years of experience in restaurants, hotels, and luxury yachts, they made the conscious choice to establish a bespoke catering business grounded in the Mallorcan landscape. Today, they revel in collaborating daily, harnessing the very best that Mallorca has to offer to craft exceptional, health-conscious, and seasonally-inspired cuisine.



PRICING

All prices include Tuition for 70 contact hours of training (1000€), accommodation (400€ to 1200€), all inclusive catering, excursion & shared airport shuttle (500€)

Shared triple room with en-suite bathroom

Price 1900€

Shared double room with shared bathroom

Price 2000€

Shared double room with private bathroom

Price 2100€

Private room with shared bathroom

Price 2500€

Private room with private bathroom

Price 2700€





OUR PROMISE TO YOU

At Yoga MariSol integrity is our highest Value. We therefore guarantee you that everything at our offerings comes from the heart and a place of love

- 100% Fair Trade

Everyone involved in our offerings receives fair payment, this involves guest teachers, our private chef, the Finca, our contractors and assistants

- High Quality

We always thrive for the highest quality, continuous improvement, and education. Our aim is to always provide you with the best we have to offer

- Organic

All produce used for our trainings and retreats is also fair trade, locally sourced and organic

- Being inclusive

At Yoga MariSol we are an inclusive Yoga Place for every Ethnic, religion, sexual orientation, gender identification, and belief system. We are welcoming everyone that feels the call to practice, study, or retreat with us.

TESTIMONIALS



MARIA IS AN INSPIRING, AUTHENTIC YOGA TEACHER WITH SO MUCH KNOWLEDGE, PASSION AND LOVE FOR YOGA AND ALL THE YOGIS SHE TEACHES.

HER YIN YOGA TRAINING IN MALLORCA IS TRANSFORMATIONAL, IT HAS GIVEN ME SO MUCH CONFIDENCE AND INSPIRATION TO TEACH OTHERS AND HAS RE-SPARKED MY LOVE FOR YOGA



MARIA IS SUCH AN AMAZING TEACHER: DEEPLY IN LOVE WITH WHAT SHE DOES, SUPER PREPARED AND WILLING TO SHARE, VERY CARING TOWARDS HER STUDENTS AND HAPPY TO CRACK A LAUGH WITH US ALL. SO GENUINE AND POSITIVE, ENCOURAGING AND CARING. THE YOGA TRAINING WAS VERY WELL PREPARED AND PRESENTED, MARIA GAVE US THE MANUAL AND A LOVELY BAG, SUCH NICE TOUCH. I REALLY ENJOYED IT AND SURELY I LEARNED AT ALL AS THE TRAINING WAS VERY INFORMATIVE AND WE SPENT A VERY GOOD AMOUNT OF TIME DOING WORKSHOPS, TRAINING AND RESEARCH, ALWAYS VERY INTERESTING.



I RECENTLY COMPLETED YOGA MARISOL'S 70HR YIN TEACHER TRAINING. IT WAS THE MOST INCREDIBLE EXPERIENCE I COULD'VE ASKED FOR AND FELT LIKE A COMBINATION OF A BEAUTIFUL RETREAT AND TEACHER TRAINING. IT EXCEEDED EXPECTATIONS ON ALL FRONTS FROM THE YOGA CLASSES, YIN LECTURES, DELICIOUS FOOD AND THE INCREDIBLE VENUE. THE SCHEDULE WAS CAREFULLY THOUGHT OUT AND I FELT AT HOME STRAIGHT AWAY. MARIA IS SO GIFTED AND I FEEL HONORED TO BE ABLE TO HAVE DONE THIS TRAINING SHE OFFERS.

I AM LOOKING FORWARD MEETING YOU



MARIA DIEHN
LEAD TEACHER &
FACILITATOR

FOUNDER OF YOGA
MARISOL

