yogalife



YOGA ALLIANCE CERTIFIED • 50-HOUR IMMERSIVE TRAINING

Yin Yoga Teacher Training

10–16 April 2027 | With Angela Jervis-Read

Hosted in collaboration with Yogalife • Handforth, Wilmslow

AN INVITATION TO GO DEEPER

Slow down. Listen closely.

Yin Yoga is far more than a style of yoga. It is a practice of slowing down, listening deeply and understanding how the body shapes the way we think, feel and relate to the world.

Across seven days, this training explores Yin through traditional yoga philosophy, Traditional Chinese Medicine, contemporary anatomy and somatics. Together, these perspectives offer a practical framework for exploring the relationship between body, mind and behaviour.

Three ways of understanding the body

01 **CHAKRA THEORY**

The yogic tradition: seven chakras and their relevance to practice.

02 **MERIDIAN THEORY**

Traditional Chinese Medicine: twelve primary organ meridians and their physical, emotional and energetic qualities.

03 **MYOFASCIAL LINES**

The fascial system and the twelve myofascial lines described by Thomas Myers.

A framework you can put into practice

Learn how these complementary maps can guide your choice of postures, shape your sequencing and deepen the way you support each student. The result is a thoughtful, engaging Yin Yoga practice that responds to the person in front of you.

CURRICULUM

A rich foundation for teaching

FOUNDATIONS

- The history and principles of Yin Yoga, including Yin and Yang theory.
- The twelve primary organ meridians and their physical, emotional and energetic qualities.
- The seven chakras and their place within yoga philosophy.
- The fascial system, the twelve myofascial lines and how all three body maps complement one another.

EMBODIED PRACTICE

- More than 40 Yin Yoga postures and variations, with intelligent use of props for different bodies.
- Meditation as an integral part of Yin practice, alongside breath awareness and a gentle introduction to pranayama.
- Ways to cultivate stillness, presence and embodied awareness in your own practice and in the room.

SEQUENCING

Create balanced, purposeful classes that take students' physical, emotional and energetic needs into account. Apply your understanding of meridians, chakras and myofascial lines to develop sequences with clarity and intention.

Study the theory. Feel it in your body. Learn to teach it.

A practical and experiential approach across 45 live training hours.

FROM PRACTICE TO TEACHING

Make it meaningful for every body

WORKING ONE TO ONE

Explore how Yin Yoga may support people experiencing stress, persistent tension, chronic pain, autoimmune conditions and nervous system dysregulation. Learn to conduct an intake, observe movement patterns and design an individual home practice that meets students where they are.

TEACHING GROUPS

Adapt Yin Yoga for practitioners of different ages, abilities and levels of experience. Build the confidence to teach inclusive, accessible and meaningful mixed-level classes, and choose variations and props with care.

Who is this training for?

Yoga teachers, massage therapists, psychotherapists, physiotherapists, chiropractors, osteopaths, movement educators, bodyworkers and coaches. It is also open to dedicated Yin enthusiasts interested in understanding the relationship between body and mind.

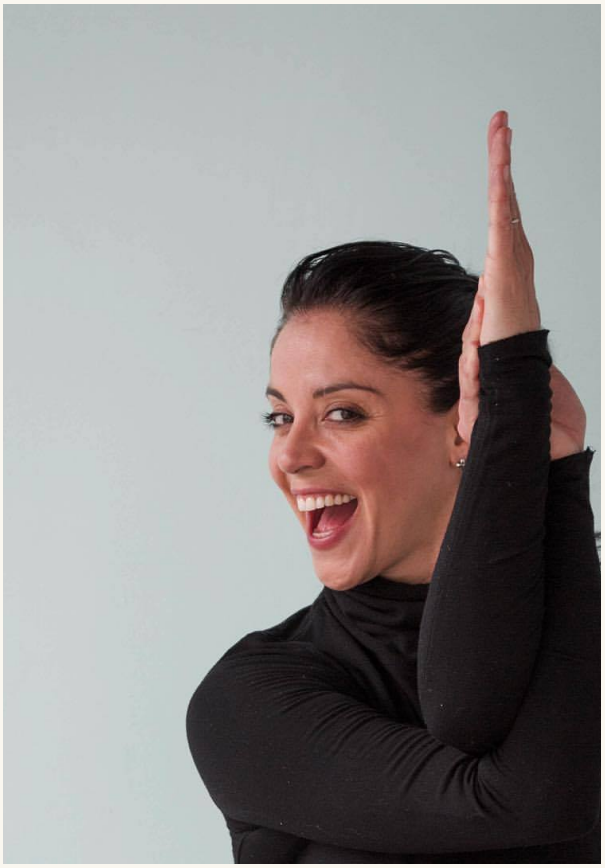
Qualified teachers and curious practitioners are equally welcome.

What you will take away

A stronger personal practice, a broader teaching toolkit and a more nuanced way to consider each student’s experience. You will leave able to build purposeful Yin classes and individual practices using the perspectives explored during the week.

MEET YOUR GUIDE

Angela Jervis-Read



Angela has taught yoga for over 25 years and led Yin Yoga teacher trainings since 2012. A Registered Somatic Movement Therapist and international educator, she blends Yin Yoga with anatomy, mindfulness and contemporary somatics to create training that is practical, experiential and deeply embodied.

Ironically, Angela did not enjoy her first Yin class: sitting still felt almost impossible. Yet the benefits were so profound that she wanted to understand why. That curiosity became one of the greatest influences on both her teaching and personal practice.

For years, Yin has balanced her dynamic Vinyasa practice and a busy schedule. It has taught her the value of slowing down, stillness and rest.

Along the way, Angela has found greater ease in her body, less reactivity and more harmony in her relationships. She now shares Yin Yoga as a way of relating to ourselves and the world with greater awareness and compassion.



THE SPACE • YOGALIFE, HANDFORTH

EXPERIENCE & SUPPORT

Angela’s professional credentials

- Registered Somatic Movement Therapist and Educator (RSMT/E) — International Somatic Movement Education and Therapy Association (ISMETA)
- Brain Body Being Professional Training — Homebody Healing, 2023
- Somatic Attachment Therapy Certificate — The Embody Lab, 2022
- Trauma Informed Yoga Teacher Training — Lisa Danylchuk, 2021
- 300 Hour Vinyasa Yoga Teacher Training — Sampoorna Yoga, India, 2015
- Yin Yoga — Sarah Powers, 2012
- Yin Yoga Teacher Training — Tracey Soghrati, 2009
- 200 Hour Aṣṭāṅga Yoga Teacher Training — Jonathan Austman, 2001
- Honours Bachelor of Arts, International Justice and Human Rights — McMaster University, 1997

YOUR COURSE CREDENTIAL & INCLUSIONS

- 45 hours of live training with Angela plus 5 hours of independent study.
- A comprehensive 250-page, full-colour manual.
- A Certificate of Completion for 50 hours of Yin Yoga Teacher Training (Yoga Alliance certified).
- Ongoing access to the graduate WhatsApp community for support, learning and connection.



TESTIMONIALS

What students say

“

Angela has a magical way of creating safe and welcoming spaces, allowing us to explore and turn inward knowing that we’re wholly and lovingly looked after. She holds such a vast amount of knowledge combined with a clear and deep passion for yoga in all its wonderful forms. Add to this an absolutely unbelievable sense of humour, fun and vibrancy, and you have yourself one incredible being. Angela is quite simply a fantastic teacher.

IAIN ROSS • YOGA TEACHER, UK

“

Since 2017 my life has been enriched by Angela’s teachings. Every year I enrol in one of her programmes. She is authentic, loving, caring, supportive and soooo much fun!!! Angela has an infectious loving presence about her. Once you start this voyage of discovery with her you don’t want it to end … and it doesn’t, as the programmes provide a wonderful sense of community. I highly recommend her courses to anyone who has the desire to delve in and immerse themselves to deepen their practice and teaching in yoga.

KAREN GOLDMAN • YOGA TEACHER, UK

“

One of Angela’s many strengths is that she is able to discuss complex ideas and have open discussions about difficult topics with great warmth and sensitivity. Even in a large, diverse group with differing life experiences, Angela finds the common ground. She meets students wherever they are on their own journey, gives them room to grow and is wonderfully encouraging. Angela is continually studying, which means her teaching is relevant and up to date, both in style and content. Angela is one of the few teachers I know who can speak with deep understanding and compassion for people living with PTSD, CPTSD and trauma, and is a wonderful source of information on this subject and its relationship with yoga. As a teacher, teacher trainer and former studio owner, Angela has a great deal of knowledge to share about the world of yoga, not just within one community but internationally. She brings a wealth of experience in many styles of yoga.

EVE MACHIN • UK

TESTIMONIALS

Learning that stays with you

“

I’ve done a lot of yoga trainings and none of those teachers have had an impact on me in the way Angela has. She lives and breathes the information that she teaches and that is so clear in the way she guides others. Her Yin trainings gave me the confidence to make changes not just to my yoga teaching but also to other aspects of my life. There aren’t enough words to express how much you need to experience Angela’s teachings. I promise it will be life changing.

EMILY PERRY • UK

“

I have learned so much in just one week. There was a perfect balance between theory and practice, between philosophy and applied knowledge, between Western and Eastern approaches, between ancient wisdom and modern science. Angela has a special gift for bridging these worlds in perfect harmony. I have so much respect for Angela and her work; she has so much to share with the world. I think we grow the most when we can openly discuss our realisations and experience of yoga practice, and Angela provides a safe space for us to question and share in order to expand as a person and as a yoga teacher.

HANA FIALOVÁ • CZECH REPUBLIC

“

I have had the pleasure of training with Angela for several years in the UK and in France. I jump at the chance to train with her when I can! Angela’s authentic style is one of the reasons I connected with her: her teachings are invaluable and raw, and I love that about her. It isn’t very often that you connect with a teacher who holds no barriers between the teacher-student relationship and instead shares in a way that enables both sides to grow and evolve as a result. This is how yoga should be shared, and Angela does so beautifully.

LAURA BARRETT • UK

Testimonials lightly edited for spelling and clarity.

JOIN US IN APRIL

Dates, investment & booking

10–16 APRIL 2027

Yogalife • 193A Wilmslow Road • Handforth, Wilmslow SK9 3JX

DAILY TRAINING TIMES

Saturday 10 April	11 am – approximately 5.30–6 pm
Sunday 11 April	10 am – approximately 4–5 pm
Monday 12 April	11 am – 5.30 pm
Tuesday 13 April	11 am – 5.30 pm
Wednesday 14 April	11 am – 5.30 pm
Thursday 15 April	11 am – 5.30 pm
Friday 16 April	11 am – approximately 6–7 pm

Final daily finish times will be confirmed by the organisers.

COURSE FEE

£850

EARLY BIRD £750

First five places only; save £100.

£250 deposit to secure your place • Balance due by 11 February 2027.

ENQUIRIES & BOOKINGS

Gareth or Naomi • info@yogalifeuk.com • 07979 520339

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