

Villa Madonna Retreat House, Rothesay, NB

Yin Yoga Retreat & Teacher Training

“Story Telling in Our Lives”

November 12 ~ 17, 2017



Facilitated by Biff Mithoefer

Biff Mithoefer teaches Yin Yoga Teacher trainings and workshops in the U.S and Internationally.

He is a 500-E Yoga Alliance registered teacher, has trained and taught extensively, and has studied Yin Yoga and anatomy with Paul Grilley.

Biff is the author of The Yin Yoga Kit and co-author of The Therapeutic Yoga Kit.

Biff is a founder and director of the Jamtse Sponsorship Project, for the support of Tibetan refugee children. He lives in Vermont with his family.

Who should attend: Open to yoga teachers and Yoga practitioners of any style. Can be taken before or after other Biff trainings...a wonderful Yin retreat experience.

Cost: \$1550 early bird until July 31; \$1630 after August 1st (hst included)

Includes: 50 hour TT credit course, 5 nights single accommodation, all meals

To register contact your host, **Ruth Richman**, at ruth@yogaink.com
or call 1-902-583-2674