



**What is this course:**

During this 5 - day teacher training intensive you will explore the practice and experience of Yin Yoga, understand the history and concepts of Yin Yoga, and learn how to effectively teach this subtle but powerful style of Yoga, leaving you with a deeper understanding of this practice and its theory and confidence to teach Yin to your students. (You will receive 50 hours CPD accredited through Yoga Alliance Professionals)

The course is run over 2 weekends to enable the participant to reflect on their learning between the weekends and to complete the course assignments during this time. This is a 50-hour training course for the purposes of your Continuous Professional Development (please check individual requirements of your regulatory body – i.e. YAP, BWY, IYN etc).

This course is open to those who are not qualified yoga teachers. In this instance you will not be insured/qualified to teach this professionally, and will not receive a certificate, but you are welcome to attend the course to deepen your own knowledge and experience. For teachers wishing to gain the certificate for this course there will be additional pre-course reading hours, personal study and assignments to be completed.

## **Key Concepts of the course:**

### **Theory - What is Yin Yoga:**

- What is Yin Yoga
- History of Yin Yoga
- Yin vs Yang
- Yin Yoga and Chinese Meridian theory

### **Practice:**

- Experience of Yin Poses in practice
- Transitional Poses
- Pranayama and Meditation Practices for Yin

### **Anatomy:**

- The Nature of Fascia and connective tissues in Yin
- Tension and Compression
- Skeletal variations and their effect

### **Teaching:**

- How to intelligently sequence a Yin Practice
- Understanding Modifications and Use of Props
- The Language of yin (use of tone, pacing and language in teaching)
- Holding space for your students

### **Who will be teaching me:**

Dawn Wright is a Senior Yoga Teacher Yoga Alliance Professionals UK with over 15 years of teaching experience, and many more years as a Yoga practitioner, with experience in a wide range of Yoga traditions. She has been training Yoga teachers since 2012, and is known for her supportive, practical and informative approach to training. She provides training across the spectrum from teachers on their first Teacher Training course, to qualified Yoga teachers who want to expand their knowledge and skills.

### **What will the hours be:**

50 - hour course consisting of:

9.30 - 5pm each day - 7.5 hours a day = 37.5 contact hours + 12.5 non-contact hours (pre-course reading and assignments)

### **Dates & Venue:**

This course will run on 29<sup>th</sup>, 30<sup>th</sup>, 31<sup>st</sup> March 2019 & 11<sup>th</sup> & 12<sup>th</sup> May 2019 at Sandstone Yoga & Pilates Studio, Aldridge, WS9 8QP

### **Cost:**

- Early Bird £525 when booked and paid for in full before 29<sup>th</sup> January 2019
- £575 full price - The course must be paid in full 4 weeks prior to start of the course.
- Minimum of £100 deposit to be paid straight away.

### **How do I pay:**

You can pay cash at reception, cheque to Bliss Yoga or a BACS payment to Santander to: Michelle Nicklin - Sort Code 09 – 01 – 28 Acc No. 20602906 with reference: YIN SURNAME

Please email [teachertraining@sandstone yoga.co.uk](mailto:teachertraining@sandstone yoga.co.uk)

### **Frequently asked Questions**

#### **Do I need to be a Yoga Teacher to do this course?**

This course is open to those who are not qualified yoga teachers. In this instance you will not be insured/qualified to teach this professionally, and will not receive a certificate, but you are welcome to attend the course to deepen your own knowledge and experience. For teachers wishing to gain the certificate for this course there will be additional pre-course reading hours, personal study and assignments to be completed.

#### **Does this count as further training for CPD requirements?**

This course is run and taught by Dawn Wright. As a Senior Yoga Teacher with Yoga Alliance Professionals UK, your training hours can be used for CPD/further training recognition. Please check with your governing body (YAP, BWY, IYN etc) for their requirements.

#### **What are the course commitments?**

To complete the course, you must attend 100% of the course hours, and complete some reading and assignments (details of these will be supplied after booking).

#### **What happens if I miss some of the course?**

If you miss some of the course, then you will only receive CPD hours for the number of course hours you attended. If you wish to complete the whole of the course to full certification this may be possible by arranging a catch-up session with Dawn. Please contact her to discuss your personal circumstances. Additional costs will apply.

### **What happens if I need to cancel after booking?**

Once you have booked your place it will not be refundable or exchangeable after 90 days from the start of the training with a 10% admin fee deducted. If you cannot attend the course for any reason, decide to leave the course/are unable to complete the course for any reason then after 90 days prior to the start date no refund or certification will be given.