





SANDSTONE
YOGA & PILATES

50hrs
CPD.

YIN TEACHER TRAINING IMMERSION

DATE:		Tuesday 20th - Friday 23rd October 2020 (9.45am - 4.45pm each day)	VENUE: Sandstone Yoga & Pilates (<i>Bearwood</i>) 596 Bearwood Road Smethwick B66 4BW
PRICE:		EARLYBIRD £495 due by 10th August 2020	£200 deposit accepted. Deposits non refundable and non transferable and full payment to be made by 10th August 2020 for early bird price. 6 weeks prior to course start for full price of £545

WHAT IS THIS COURSE ABOUT?

During this 4 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.

WHO WILL TEACH ME?

Sandstone Yoga & Pilates hosts: **Dawn Wright**

Dawn Wright is a senior yoga teacher with Yoga Alliance Professionals UK who has been training other yoga teachers for many years, teaching on 200 hour training courses and further training/CPD for teachers around the UK, and has trained 100s of teachers around the UK in this Yin Yoga course. She has studied extensively with Sarah Powers and other leading international Yin teachers over the years. Dawn is known for her practical, informative, supportive and warm approach to teaching and training.

WHAT WE COVER

Key Concepts of the course:

Theory:

- 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 mediation practices for yin

Anatomy:

- the nature of fascia and connective tissues in yin
- tension and compression
- skeletal variations and their effects

WHAT WE COVER:

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

This is a 50 hour training course for the purposes your continuous professional development/further training hours (please check individual requirements of your regulatory body – ie YAP, BWY, IYN etc).

AM I ELIGIBLE?

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

HOW TO PAY?

- Online via the Eventbrite link .
- By Bank Transfer - to: Acc| 86886991, Sc | 517032, Name | The Riot Collective
- Cash in our Bearwood or Sutton Coldfield studios.

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 particular 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?

Your course fees are not refundable or transferable to another event should you cancel or not attend any of the course. You may wish to take out personal cancellation insurance to cover you in the event you are not able to attend the course. We need a minimum number to run the course, if for any reason this is not met we reserve the right to cancel the course with no less than 6 weeks notice. In this instance your course fees will be returned to you fully, but please note that **booking fees are non refundable**. We do not accept responsibility for any other costs such as travel or accommodation.

We very much look forward to seeing you here!

Lis & Louise



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