



50hr Advanced Yin Teacher Training Course Outline

If Yin Yoga sounds amazing to you, why not learn to teach it? Here's how.. Join us for 4 weekends to earn a 50 Hour Yin Yoga Yoga Alliance Registered Certification.

Yin Yoga is:

- Accessible to all levels of student
- Mostly floor-based
- practiced at a comfortable room temperature
- slow and mindful

Yin Yoga is mindful movement. Time is taken as you enter each pose to understand what joints you are working with, how those joints move, and the sensations that might arise as you work through any movement barriers. As you encounter the places in your body where you cannot move or breath with ease, you develop ways to work in those stuck places more patiently and skilfully. As you work through layers of accumulated tension, your movements becomes more graceful and expressive. As your practice develops you may find that your sleep improves, your immune system becomes more robust, and you recover more easily from stress.

Yin Yoga postures are held for longer periods of time to give you the opportunity to feel a broader and more subtle range of sensations from stretch and compression in your tissues, to changes in your breath, to the flow of your mental and emotional energy. This regular practice of noticing what arises during and after a posture helps you develop a meditative consciousness that is accessed through your felt sense of your body. In this way your body becomes both the path and the expression of your mediation practice.

Ultimately through the postures you develop a clearer sense of self and purpose. You can move more freely, express yourself more skillfully, and communicate your ideas more clearly. In other words Yin Yoga is not just about your movement potential, it's about your human potential!

Yin Yoga can:

- Restore range of motion
- Enhance coordination
- Assist recovery from high-intensity workouts
- Provide strategies to manage stress
- Facilitate healthier breathing
- Promote restful sleep
- Increase mindfulness
- Deepen meditation

A Yin Yoga training with MOVE includes:

- Stretching
- Joint mobilisation
- Working with bodyweight, gravity, and yielding
- Gentle movements to explore and reclaim lost ranges of motion
- Slow, mindful transitions into and out of postures
- Creatively integrating props such as bolsters, blocks, blankets, and balls into your movement on the mat
- Developing a meditative consciousness that is accessed through the feelings and sensations of the body itself (somatic meditation)

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MOVE

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Week 1 and 2

In the first two weekends we will cover the foundational anatomy and philosophy of Yin and the basic Yin postures. You will enter the "Posture Lab" where we break down the movements that shape each posture and consider where you and your students might encounter movement barriers. You will learn how to work with bodyweight, gravity, and props to enter and exit postures more gracefully. Ultimately you will learn how to guide students into their own independent exploration of each posture as it unfolds so they can realise their full movement potential. Expect a led Yin practice, lecture and discussion to cover key concepts, and movement play so that you can integrate these concepts through your own direct, embodied experience.

Together we will explore the following:

Anatomy:

- What do joints need to be healthy?
- How do muscles and fascia limit or allow movement?
- What is range of motion (ROM) and how much do you need?
- Does stretching permanently change the ROM of muscles and fascia?
- What role does the nervous system play in regulating ROM?
- Why does stretching matter?

Philosophy:

- What are Yin and Yang?
- How do I apply the concepts of Yin and Yang to yoga postures?

Methodology:

- What are the basic Yin postures?
- What does it mean to set up a posture in a Yin way?
- What does a target area approach to posture mean?
- How do I cue someone effectively into and out of a pose using the target area approach?
- How do I offer props and variations to help a student explore her potential in the pose?
- How does tuning into bodily sensation become a pathway to meditation?

Week 3 and 4

In the second two weekends you will learn how to sequence powerful and effective Yin Yoga classes. Your joints work together like links in a chain to allow natural, free-flowing movement. The way you organise postures in a Yin Yoga sequence can help your students find the "missing links" where they have lost the ability to move naturally and efficiently. In this weekend training, you will be introduced to two different body maps - the Anatomy Trains of Tom Myers and the Five Organ Networks of Traditional Chinese Medicine. These maps describe how energy travels through your body and how you can work with joints and connective tissues to restore the flow of energy. Expect a led Yin practice, lecture and discussion to cover key concepts, and movement play so that you can integrate these concepts through your own direct, embodied experience.

Together we will explore the following:

Anatomy:

- What is an Anatomy Train?
- What is a meridian?
- What is the anatomy of connection?
- How is the anatomy of connection expressed through the Anatomy Trains and the meridians of Traditional Chinese Medicine (TCM)?
- How does energy flow through your nervous system and how do muscles and fascia influence the flow of energy?

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- What is Qi and how does it move?
- How can yoga influence Qi flow?

Philosophy:

- What is the origin of Yin and Yang?
- What is Taoist Five Element Theory?

Methodology:

- How can I organize my postures so my sequence communicates a clear intention?
- How do I follow an Anatomy Train to construct a Yin sequence?
- What are the different techniques I can use to influence a joint in the Anatomy Train?
- How can my sequence help students isolate and feel the joints that need more care and attention?
- How can my sequence help students feel the relationships between joints?
- How do I guide students into an experience of Qi flow?
- How do I follow the meridians of TCM to construct a Yin sequence?
- How do I use Five Element theory to balance Qi flow?
- How can a sequence guide me through my body, becoming a pathway to meditative awareness?

Homework & Additional Reading:

- All registered students will receive a hard copy teacher training manual on the first day of the course
- Homework will be issued between the break of Week 2 and Week 3
- Students will receive their certificate of completion in hard copy on the final day. Electronic copy of the certificate will also be issued upon completion of the course
- Should the student miss more than 5 hours of the course, certificate will be issued upon review

Tuition:

Payment Plan:

- \$299 initial deposit and 6 equal fortnightly payments of \$150 from date of deposit – available till 31 March 2018
- After 31 March 6 equal weekly payments of \$150 from date of deposit
- Full payment required two weeks prior to course start date
- All payments inclusive of GST

Full Payment:-

- \$1199 (inc. GST)

[Book online at www.moveyoga.com.au](http://www.moveyoga.com.au)

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