YIN YOGA TEACHER TRAINING

YIN YOGA & ANATOMY

TEACHER TRAINING I (50 hours)

20 – 25 March 2017 Melbourne

with Markus Henning Giess & Karin Michelle Sang
in collaboration with Flying Masters

Welcome to Yin Yoga and Anatomy Teacher Training I

Our world is comprised of yin and yang. We find polarity in our language, in our environment, in everything and everyone. This polarity and contrast blend seamlessly, as epitomised by the yin and yang symbol.

In the West, we practise mainly yang forms of yoga (Ashtanga, Bikram, Vinyasa Flow, etc.) - muscle strengthening and muscle tension through rhythmic, flowing and repetitive movements. Yang needs yin in order to exist, and yin needs yang in order to exist. When both sides are aligned, balance and harmony are achieved.

Yin Yoga is "the other half" of yoga. It is the complementary practice to all yang forms of exercise, be it yoga, Pilates or rugby. Both are necessary and belong together intrinsically, creating harmony between body, mind and soul.

Whereas on a physical level, one can substitute yang forms of yoga with many other physical activities that strengthens and stretches the muscles and works the cardio vascular system, there is no other substitute for yin yoga which stimulates the fascia – the connective tissue, ligaments, tendons, joints resulting in a deeply relaxing practice while creating "space" in the body, de-stressing the mind and re-energising the soul.

As our lives have become increasingly fast-paced and stressful, the popularity in yin yoga has increased dramatically in Europe, America and also Australasia due to the urgent need for balance on a physical, mental and emotional level.

This 50-hour intensive programme was created for certified and aspiring yoga teachers as well as dedicated yoga students with a minimum of 2 years yoga experience who simply wish to delve more into the world of yin yoga for their own practice.

This Yin Yoga & Anatomy Teacher Training I will give you the knowledge and skills to teach Yin Yoga with a solid foundation and understanding for anatomical variation which will benefit one's own practice as well as the teaching of not only Yin Yoga, but all forms of yoga, dance, sport, massage and bodywork.

This 50-hour intensive Yin Yoga & Anatomy Teacher Training comprises 4 sections:

1. Yin Yoga Asanas

This section covers the theory and practice for teaching 20 Yin Yoga poses, including their specific characteristics, the function of the pose and their effects.

One of the main elements of our Yin Yoga teacher training is, understandably, the asana practice, so each day there will be at least one 90-minute class.

2. Anatomy is the Key

Anatomical understanding of not only the individual bone structure but also the muscular, connective, fascial and ligament tissues is an essential prerequisite for an effective yoga teacher.

The backbone of Yin Yoga (in the style of Paul and Suzee Grilley) – and thus of our Yin Yoga Teacher Training programme – will be anatomy, because it is difficult for us to feel completely secure about our teaching without understanding muscles, ligaments and joints (bone structure). Time and time again students will challenge us.

In this training, we will refresh our basic knowledge and concentrate mainly on the individual bone structure (compression) and unique muscular, ligament and fascial tissues (tension) of each student, to ensure we are fully conversant with their anatomy and thus able to ensure that the practice is safe for them.

This understanding of how to look deeper into the human body, to see the human as a moving skeleton, to read it by observing the way he or she moves and to be able to identify which joints are involved in a yoga pose allows us to be more certain, when teaching, about which logical variations of a pose to suggest or which individual assists to give the student.

Once one has grasped this principle, the physical part of yoga (asana practice) becomes an extremely simple combination of muscle and joint movements.

3. 7 Point Analysis Principle for Assists – Theory

The Yin Yoga and Anatomy Teacher Training programme focuses less on teaching set assists and much more on introducing a 7-point analysis principle, which you can then use for every known yoga pose and for each individual student.

This analysis principle for assists, combined with an anatomical understanding of the student's individual bone structure and the tension lines within their body, helps us to learn to read people when they are holding yoga poses. We can then give them logical assists and/or offer them alternatives tailored to the requirements of their individual, unique physique and bone structure.

With the help of the 7-point analysis, we can quickly learn to read, analyse and evaluate human bodies.

Once a yoga teacher has developed full anatomical understanding, applying it during a yoga session is child's play, as an assist is always a logical progression, based on the unique body of each individual student. This principle helps us, as teachers, to stay alert and present.

4. 7 Point Analysis Principle – 20 Practical Tests

Learning through touch and learning through practice.

No matter how experienced you are, you cannot learn yoga anatomy from a book or a DVD. You will learn through practising techniques both on ourselves and on our fellow students.

In this Yin Yoga and Anatomy Teacher Training, you will study and apply a series of practical tests for analysing the bone structure, compression and tension of our students. You will have the opportunity to learn – in a safe environment – to read a human being, to sense your own limitations and to test and recognise those of others. Eventually, with the benefit of myriad insights and enhanced self-awareness, you will be able to assess the needs and limitations of any individual student. Moreover, as a result of practising many repetitions, you will feel more secure and clear about your approach to Yin Yoga and anatomy.

Other Key Concepts:
Learning model: Shravana, Manana, Nididhyasa
14 joint segment analysis
Compression and tension
Skeletal variation
Fascia - the yin tissue – latest research
3 layers of a joint
Theory of exercise
Tensegrity of the body
Variations of poses

Upon completion of this course, the foundations for teaching Yin Yoga will be securely in place.

This level I training is a certified stand-alone teacher training and is also the first of four modules that together make up Yin Therapy's 200hr Yin Yoga & Anatomy Teacher Training.

On successful completion of all assignments and 100% attendance you will be awarded a 50 hour Yin Yoga & Anatomy Teacher Training certificate which may be counted towards our Yoga Alliance internationally recognised 200hr Yin Yoga & Anatomy Teacher Training certificate or recognised as continuing education hours for Yoga Alliance registered yoga teachers.

For more details about Yoga Alliance, please visit: http://www.yogaalliance.com/

Required Reading (before the start of the training):
Yin Yoga: Principles and Practice by Paul Grilley ISBN 1935952706
Available to order online at:
http://www.pranamaya.com/products/yoga-books-cds/yin-yoga-10th-anniversary-edition-book.html

Suggested Resource:
General Anatomy and the Musculoskeletal System by Schuenke, et al.
Second Edition: ISBN 1604069228
Available to order online at:
http://www.amazon.com/General-Anatomy-Musculoskeletal-System-THIEME/dp/1604069228/ref=dp_ob_title_bk

MORE INFO ABOUT THE TRAINING:
http://www.yintherapy.com

BOOKINGS:
www.flyingmasters.com.au