



YIN YOGA TEACHER TRAINING

YIN YOGA & ANATOMY

TEACHER TRAINING Module 1 (50 hours)
29 November - 4 December 2021 Auckland

with Markus Henning Giess & Karin Michelle Sang



DAILY SCHEDULE

Mon 29 Nov	8.30am - 9.00pm
Tue 30 Nov	8.30am - 5.15pm
Wed 1 Dec	8.30am - 9.00pm
Thu 2 Dec	8.30am - 5.15pm
Fri 3 Dec	8.30am - 5.15pm
Sat 4 Dec	9.45am - 7.00pm

Including a 1 1/2hr lunch break each day except a 1hr lunch break on Saturday & 2hr dinner break on Monday & Wednesday

VENUE

Yoga Collective, 1 Bath Street, Parnell, Auckland 1052

INVESTMENT

Full price NZ\$1300

Early bird offer NZ\$1100 (if registered and paid in full by 17 September 2021)

BOOKINGS

This course has limited numbers to ensure the quality of the course.

To secure your place, please go to www.yintherapy.com/en/events/2021/11/29/yin-yoga-anatomy-teacher-training-i-english-auckland-new-zealand and click on BOOK NOW to register.

Please complete payment for the full amount via bank transfer to Yin Therapy Ltd at: 12-3060-0006950-00.

On receipt of payment and your completed registration form, you will receive an email confirming your place on the course.

For further enquiries please contact Karin at karin@yintherapy.com

For further information about Yin Therapy, please visit our website at: www.yintherapy.com

YIN THERAPY'S YIN YOGA & ANATOMY TEACHER TRAINING (MODULE I)

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

This Yin Yoga & Anatomy Teacher Training Module I course 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. Seven Point Analysing Principle for Assists – Theory

The Yin Yoga and Anatomy Teacher Training programme focuses less on teaching set assists and much more on introducing a Seven Point Analysing 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 Seven Point Analysing Principle, 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. Seven Point Analysing 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: Shrivana, 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.

REQUIRED READING (prior to the course training)

[Yin Yoga: Principles and Practice by Paul Grilley](#)

or

[The Complete Guide to Yin Yoga: The Philosophy and the Practice by Bernie Clark](#)

Suggested resource for YYTT Module I (required reading for YYTT Module 2)

[General Anatomy and the Musculoskeletal System by Schuenke, et al.](#)

THE TEACHERS

Markus Henning Giess and Karin Michelle Sang are international teachers and co-founders of Yin Therapy leading Yoga Alliance accredited teacher training courses and workshops in Europe and Australasia.

MARKUS

Yin Therapy co-founder and international E-RYT 500 yoga teacher Markus completed his first yoga training with Power Yoga founder Bryan Kest before completing his 500hr Yin Yoga Teacher Trainings with Yin Yoga teachers and mentors Paul & Suzee Grilley, with whom he also assists on their trainings. He has also completed an intensive Yin/Yang & Meditation Teacher Training with Insight Yoga founder Sarah Powers.

He has over 30 years of teaching experience and more than 10,000 hours of training under his belt, from dance to yoga, massage to meditation, anatomy to energy work.

Before Markus discovered yoga, he worked for 16 years as a professional dancer and musical performer in Germany, Switzerland and England, as well as a choreographer, teacher and presenter.

He is a professional Thai masseur, Reiki master and gives Thai massage training and meditation workshops and courses internationally.

Markus weaves together his vast knowledge and experience in bodywork, energy work, meditation, dance and performance with Yin Yoga and Yoga Anatomy to offer in depth and fascinating training and workshops with an holistic approach combined with practical, hands on experiential learning. He is known by his students for his relaxed, inspiring, and un-dogmatic style of teaching and making yoga anatomy entertaining, humorous and enlightening.



KARIN



Karin's first introduction to yoga was in 1999 while working as a professional musical performer in Germany. She completed a 350hour yoga teacher training with Power Yoga founder Bryan Kest, followed by a RYT 500hr Yin Yoga Teacher Training with Yin Yoga founders Paul & Suzee Grilley, and Insight Yoga founder Sarah Powers. She also completed a Restorative Yoga teacher training with Karla Brodie and Neal Ghoshal and is an iRest Yoga Nidra Level 1 Teacher.

After 23 years of performing and working in the musical industry in London and Germany, she co-founded Yin Therapy with her partner Markus. She is a passionate advocate for gentle yoga practices and is dedicated to spreading her love of Yin Yoga.

Karin's style of teaching is authentic, deeply relaxing and personal, creating a nurturing and safe space for the students to surrender into themselves. Her yoga offerings focus on bringing the quality of mindfulness throughout the asana practice, with a strong emphasis on respecting the unique anatomical, emotional and physical states of the student.