



YIN YOGA TEACHER TRAINING

YIN YOGA & ANATOMY

TEACHER TRAINING III (50 hours)

4 - 9 November 2018 Auckland

with Markus Henning Giess & Karin Michelle Sang



Welcome to Yin Therapy's Yin Yoga and Anatomy Teacher Training III

"A journey of a thousand miles begins with a single step." (Lao-tzu)

You have already completed many steps along your personal and unique Yin Yoga & Anatomy journey.

In this teacher training we complete the yin yoga practice and yoga anatomy theory, in that we focus on the individual bone structure, muscles and fascial chains of the upper body and discover the implications to our yin and yang yoga practice with the aid of many tests, analysis, variations and therapeutic suggestions e.g. shoulder neck pain.

This 50hour intensive programme is created for all yoga teachers who wish to delve deeper into Yin Yoga - focusing on the anatomic and energetic theories of the practice.

Students must have completed our Yin Therapy's Yin Yoga and Anatomy Teacher Training I & II to be eligible to participate in this level III training.

This 50-hour Yin Yoga Teacher Training comprises 5 sections:

1. Yin Yoga Asanas

In this yin yoga teacher training asana practice, we will concentrate, besides the usual yin practice on the upper body including shoulder, shoulder girdle, shoulder/neck region, wrists and as in level II – variations, passive assists, as well as exploring creative and undogmatic approaches to our own yoga practice and that of our students.

Furthermore, with specific exercises, we begin to discover, experience and differentiate between blood, breath, nerves and chi flow in our own bodies.



2. Blood, Nerves, Breath, Chi

It is our highest desire, that our students not only theoretically understand and impart the teachings of energy work, but rather cognitively - that they themselves feel the chi flow and hence, teach from a potent place of personal experience.

How much power has the teaching of nadis (meridians), when taught from a teacher that feels the flow of chi from within?

How do I experience this as a teacher?

Heartbeat, blood circulation, nerve impulses, breath circulation are fluctuations within the body that can distract one's ability to sense the underlying chi flow and can often be misinterpreted by many experienced yoga students and teachers for the chi flow eg. blood circulation for chi flow.

We delve into the science of the blood, nerves, breath and clarify with practical exercises, how to consciously feel blood, nerves, breath to enable us to place these sensations to the periphery.

What remains is chi.

3. Energy, Mantras & Philosophy

When we find ourselves on our yoga path, there comes a time when we will be drawn to explore deeper themes beyond asana practice.

Yoga philosophy, reincarnation, karma, the 3 realms, Patanjali's sutras, tantric chakra teachings, nadis/meridian teachings & mantra work - this is where we feel lies the key to our true spiritual growth.

4. Upper Body Anatomy - Analyse, Tests & Passive Assists

In YYTT II, we focused on the pelvic girdle, thighs and lower back.

In YYTT III, we will learn about the muscle groups of the upper body as well as their function in yoga, and will look more closely amongst others, the shoulder cuff, which has a significant influence on our yang yoga practice. We will study the origins and insertions of the muscles, understand their function, and look at muscular and fascial chains as well as examine their role and implications on both our yin yoga and yang yoga practice.

We analyse compression and tension of the shoulder joint and explain and show its relevance to yang yoga asanas (Downward Facing Dog, Warrior), to demonstrate how individual bone structure not only limits and affects our Yin Yoga asana practice.

5. Yin Therapy

In YYTT II, we established a basic understanding of how yin yoga can enhance and restore balance with both individual and specific physical as well as psychological issues for ourselves and our students.

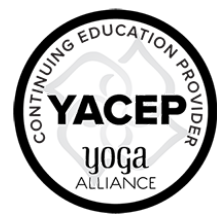
In YYTT III, we delve deeper.

The focal points of this second "Yin Therapy" module are:

- Physical level
- Mental level
- Energetic level
- All is one
- The synergy of body and mind
- Work, relationships, life's circumstances, environment, eating behaviour, sports activities, etc.
- Yin and yang analysis
- Yin and yang programme
- How to begin your transformation
- Achieving mental stability
- Initiating changes of patterns, beliefs, programmes, values
- Attachment, judgement, criticism of ourselves and of others
- The cause of disease

This level III training is a certified stand-alone teacher training and is also the third 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 50hr 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.



THE TEACHERS

MARKUS

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

He has over 25 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 Power Yoga Teacher Training with Power Yoga founder Bryan Kest, followed by a 500hr Yin Yoga Teacher Training with Yin Yoga founders Paul & Suzee Grilley and Insight Yoga founder Sarah Powers. She has also completed a Restorative Yoga Teacher Training with Karla Brodie & Neil Ghoshal.

After 23 years of performing and working in the musical theatre industry on the West End in London and throughout Germany, she co-founded Yin Therapy with her partner Markus.

Karin's style of teaching is authentic, deeply relaxing and personal, creating a nurturing and safe space for the students to surrender into themselves. She focuses on discovering the meditative aspect of yoga through melding the breath with the asanas, with a strong emphasis on respecting the unique anatomical, emotional and physical states of

the student.

Markus and Karin are international teachers and co-founders of Yin Therapy offering workshops and leading teacher trainings in Europe and Australasia. To find out more about Yin Therapy, please visit: <http://www.yintherapy.com/>

PRICE AND PAYMENT

NZ\$1200 / NZ\$1050 Early Bird offer (if booked and fully paid by 31 July 2018)
(Complete 200hour Teacher Training course NZ\$4400 / Early Bird offer NZ\$3900)
Contact Karin for further information and bookings: karin@yintherapy.com

LOCATION

Nyima Tashi Buddhist Centre, 30b Pollen Street, Ponsonby

TIMES

Sun – Fri 8:30am – 5:30pm with a 1 hour lunch break

FOR MORE INFO ABOUT THE YIN THERAPY'S YA ACCREDITED 200HR TEACHER TRAINING:

<http://www.yintherapy.com/en/200hr-yin-yoga-teacher-training>