



YIN YOGA TEACHER TRAINING

YIN YOGA & ANATOMY

TEACHER TRAINING IV (50 hours)

12 - 17 November 2018 Auckland

with Markus Henning Giess & Karin Michelle Sang



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

"Choose a job you love, and you will never have to work a day in your life." (Confucius)

When one arrives, we feel, as yin yoga practitioners and teachers that it is no longer work, but rather a gift.

Through the previous training modules, we have enough knowledge under our anatomy belts to understand and sense the more refined energy work of the meridians and to explore the implications for our own practice and that of our students.

The desire is for the energy – internally and externally – to be tangible for each and every student, so that our teaching becomes authentic and not only theoretical.

Furthermore, besides delving into yoga philosophy and the theory of energy work you can expect to be taken on a very personal, energetic and emotional journey this week with much yin yoga, meditation and pranayama practice.

The intention of this course – the middle way (Buddha's teaching) – the journey inwards – the journey to our essence.

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

This 50-hour Yin Yoga Teacher Training comprises 6 sections:

1. Yin Yoga Asanas

In this continuance of our yin yoga teacher training course, we focus mainly on the chakras and meridians of our bodies.

For asana practice, this means learning to become aware of the subtle chi (energy) flow in the meridians, and to feel its effects on the balance of both body and mind.



2. Yoga Philosophy - the Ultimate Path of Yoga

In the yoga philosophy section, we study the ultimate path of practising yoga.

We deepen our exploration by learning about the Samkhya philosophy - the Indian understanding of reincarnation, karma and an insight into their understanding of the universe and describe the path of a yogi.

We will intensify our study of Patanjali and his first four yoga sutras, and discuss in detail the eightfold path.

Furthermore, for inspiration we will look to the Buddha's way, his teachings and the path of a yogi from the exoteric to the esoteric from a Buddhist perspective. Here we will illustrate how essential meditation practice is.

3. Chakras and Meridian Theory

We examine chakra theory as the energy centre of our body and discover the sense and power of practising chakra meditation on the spiritual path to enlightenment.



We also cover meridian theory.

In the physical body, we know about the role of bioelectrical flow (nerves) and chemical flow (hormones) as a natural source of power and energy for the body. In chakra and meridian theory, chi represents the highest authority at a physical level, coordinating both the bioelectrical and the chemical flow in the body and supplying it with energy.

If chi is flowing, we are healthy. If chi is not flowing, we become ill.

Through yin yoga, pranayama and meditation, we move chi and achieve balance in the body and mind.

4. Meditation, Bandhas, Pranayama and Anatomy - Theory

Teaching the theory of meditation (dharana - concentration / dhyana - seeing what is), bandhas (locks), pranayama (breath control), pratahara (looking inwards and conducting energy to the spinal column) and the anatomy associated with it is as fascinating as it is exhilarating.

In addition, we compare it with classical Buddhist meditation practice and universal meditation, philosophy and theory.

5. Meditation, Bandhas, Pranayama and Anatomy - Practice

With the theoretical knowledge of meditation in place, we focus intensely each day on one of the following meditation themes as we practise:

- Universal meditation
- Chakra meditation over two days
- Bandha meditation
- Pranayama exercises
- Pratyahara exercises
- Shushumna purification

This practice offers an insight into and provides a taster of our Yin Therapy Meditation Retreat / Teacher Training. The Yin Therapy Meditation course (100 hours) can lead to an extremely profound personal experience and transformation.

6. Yin Therapy

In this section, we turn our attention to creating a more extensive picture of energy and holistic therapeutic elements within the body.

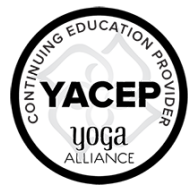
During this module, we will explore various theories and find the connection between them.

At the heart of this fourth Yin Therapy module lie:

- Exoteric & Esoteric
- The Little Yoga Path = Health
- Dr Motoyama's perspective on chakras, meridians and healing

This level IV training is a certified stand-alone teacher training and is also the final module of 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

Mon – Sat 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>