



Leonie Lockwood

Thank you for your interest in Yin Yoga Teacher Training with Leonie Lockwood Yoga. These comprehensive trainings suit qualified yoga teachers and keen yin yoga students with a minimum of 12 months practice. Level 1 – Introduction to Yin Yoga teacher training serves as a pathway to Level 2 - The Energy Body (50 hours). Levels are taken separately. Access to Level 2 is also available if 50 hours of yin yoga teacher training has already been completed either with Leonie or another teacher.

This course is held over 6 – 8 days, dependent on venue and date of delivery. It is usually delivered over three full weekends, per course. Saturday & Sunday from 9.30am – 5.00pm, but can also be delivered on a more part time or full time basis dependent on studio requirements. It covers a broad range of theoretical topics, along with ample time for practical integration of theory. All material is delivered in an engaging and informative learning environment.

Level 1 – Introduction to Yin Yoga

By the end of the course you will:

- Be able to theme, sequence and teach a yin yoga class
- Understand and can explain how a functional approach to yoga alignment assists all the students in the class.
- Identify skeletal variation in your students and apply this knowledge to variations, adjustments, modifications and propping
- Understand the meridian circuit flow
- Identify meridian pathways on the body
- Understand how Chi/Qi flows

Topics include:

Yin Yoga

History of Yin yoga

Yin/Yang theory

Aesthetic vs Functional approach

Functional Yoga Sutras

The Grilley Method - 14 skeletal segments, 10 myofascia groups, The 7 archetypal poses

Teaching methodology

Posture analysis sessions

Sequencing and theming for your classes

Cueing in yin yoga

Adjustments/Variations/Modifications/Prop
s

Working with injured students

Creating & holding the space

Teacher ethics

Energy

Qi aka Chi

Traditional Chinese Medicine's 12 main meridian pathways (6 yin & 6 yang)

Meridian circuit flow

Overview of 5 Element theory

Dr Motoyama's modern meridian theory

Anatomy & Physiology

Plastic vs Elastic tissues

Skeletal variation

Range of motion of major joints

Muscle (Myo) + fascia

Connective tissue types

The application of tension and compression in practice

Mindfulness meditation practices

Commitment required

To obtain certification, 100% attendance is required along with completion of any theoretical and practical assessments. Despite the best of intentions, life can get in the way sometimes. Where absences arise, a 'make up' session may be required at an additional cost of \$100 per hour. This will be at the discretion of the trainer.

Leonie is a registered Yoga Alliance continuing education provider and a Level 2 Intermediate teacher with Yoga Australia. Upon certification, this course provides a minimum of 45 continuing professional development points with Yoga Alliance International and Yoga Australia.

At no extra cost, a 60 hour certification is available upon completion of an additional 10 hours of Sadhana practice. Details of this will be provided on Day One of the training.

A typical day

Morning meditation

Lecture and practical integration

Short break

Long Yin practice

Lunch

Lecture and practical integration

Short break

Short Yin/movement practice

For any queries, please contact Leonie at hello@leonielockwood.com.au or 0419 133 948

Bookings via website www.leonielockwood.com.au

* Dependent on host studio requirements