



Leonie Lockwood

Thank you for your interest in Level 2 – The Energy Body, Yin Yoga Teacher Training with Leonie Lockwood Yoga. Access to Level 2 is 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 availability. 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 2 – The Energy Body

By the end of this course you will:

- Be able to create more complex yin yoga sequences
- Have a comprehensive sensorial word bank for cueing
- Be more kinaesthetically aware & embodied
- Be able to draw on Traditional Chinese Medicine concepts, embodied somatic practices and yoga philosophy to create deeper, richer themes for your classes
- Understand and apply techniques for chakra activation
- Understand how chakra meditation assists in breaking the Cycle of Samsara
- Understand the subtle influences of the astral and causal bodies on the physical body and vice versa.

Topics include:

Energy  
History  
Western vs Eastern concepts of energy  
Dr Motoyama's modern meridian theory

Traditional Chinese Medicine  
5 Element Theory in depth  
Embryology of development  
5 spirits

Yoga philosophy  
Cycle of Samsara  
Overview of Samkhya (dual)  
Overview of Tantric (non dual)  
The 3 bodies – physical, astral, causal  
7 key Chakras and their related elements  
3 Gunas & 5 Koshas

Somatic movement & interaction  
History  
The senses & nervous system  
Sensorial language and cueing  
The language of touch  
Embodiment practices

Techniques  
Pranayama  
Bandhas  
Mantras

Asana practice  
Teaching methodology  
Application of somatic practices  
Self - enquiry practices

## Deepening sequencing and themes

### 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.