



This comprehensive, sixty-hour training is designed for qualified yoga teachers and keen yin yoga students with a minimum of 12 months practice.

Upon certification, both courses provide continuing professional development points with Yoga Alliance International and Yoga Australia.

The course covers a broad range of theoretical topics, along with time for practical integration of the theory. All material is delivered in an engaging and informative learning environment.

Commitment required

This sixty-hour course is usually delivered over four full weekends. Specific dates & times are found in the Frequently asked questions (FAQ) on the website.

Learning outcomes

By the end of the course you will be able to:

- Theme, sequence and teach a yin yoga class
- 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
- Identify meridian pathways on the body and associated myofascial groups
- Understand how Chi/Qi works
- Describe Five Element theory and weave this ancient wisdom into your theming and sequencing of classes
- Articulate, simple but effective cueing to assist your students into poses that suit their particular body shape.
- Create short effective meditations to assist students in their practice.

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

Meditation

Mindfulness & meditation

4 components of an effective meditation

Meditation script writing

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Anatomy & Physiology

Plastic vs Elastic tissues

Skeletal variation – reading bodies.

Range of motion of major joints

Muscle (Myo) + fascia

Connective tissue types

The application of tension and compression in practice

Teaching methodology

Posture analysis sessions

Sequencing and theming for your classes

Cueing in yin yoga

Adjustments/Variations/Modifications/Props

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

5 Element theory

Dr Motoyama's modern meridian theory

A typical day

Short movement practice

Morning meditation

Lecture and practical integration

Short break

Yin Yoga practice

Lunch

Meditation (time permitting)

Lecture and practical integration

Short break

Practical integration explorations