YIN YOGA TEACHER TRAINING

YIN YOGA & ANATOMY

TEACHER TRAINING II (50 hours)

12 - 17 March 2018 Auckland

with Markus Henning Giess & Karin Michelle Sang
in collaboration with Golden Yogi

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

"Tell me, and I will forget. Show me, and I may remember. Involve me, and I will understand." (Confucius)

Confucius' saying reflects the emphasis of this Yin Yoga & Anatomy Teacher Training II where the focus is on sensing, feeling and experiencing the Yin Yoga practice and the unique anatomy of our individual bone structure for ourselves.

You will be analysing yourselves and also each other, working in pairs or small groups conducting passive assists as well as gaining experience teaching this unique form of yoga. Through this very much hands on, practical approach your knowledge and understanding will be increased tenfold.

This Level II Teacher Training delves deeper into our wondrous human anatomy – in particular, the exciting world of fascia – the fascinating "yin" tissue and the interconnectivity of our body.

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

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

1. Yin Yoga Asanas

In this continuance of our Yin Yoga and Anatomy Teacher Training programme, we concentrate mainly on the 9 awareness points of functional yoga.

We'll learn not only how to structure a class but also how to choreograph a unique "flow" every single time.

This "yin flow" is a natural result of our knowledge of anatomy, which is fundamental to sound yoga teaching.

We'll also concentrate on the wide variety of different poses, passive assists and use of props as well as learning how to approach both our own yoga practice and that of our students in a creative and flexible manner.

2. Anatomy is the Key

In YYTTII, we will consolidate and expand our knowledge we gained from YYTTI of the pelvic girdle, thigh and lower back. We'll look in more detail at the muscle groups of the thigh and the lower part of the upper body, learn the names of the muscles, look at their origins and insertions, identify muscular and fascial chains, examining their role and their effect on our Yin Yoga practice.

We will delve deeper into analysing compression, studying the tension of the muscular and fascial tissues and understanding the effect this has on the asana practice. This will allow us to offer our students logical assists.

Other topics that will be covered in this training are:

- Knee joint in detail– structure, movement, potential injuries
- Hip joint – structure, movement, potential injuries
- Psoas in detail

3. 7-Point Analysis Principle for Assists – Theory

In this training, we will improve our knowledge of the 7-point Analysis Principle.

4. Application of the 7-point analysis principle – tests and analysis of assists/adjustments

We will focus on applying the 7-Point Analysis Principle for assists and – working with the student – study ways of analysing yoga poses on the basis of compression and tension, orientation of the joints, and proportions.

To do this, we'll continue where we left off on the Yin Yoga and Anatomy Teacher Training I, applying the principle with our fellow students.

Working in small groups, we'll devise logical, tailor-made assists for each individual student. This training is invaluable for our own practice, as well as for our classes and one-on-one personal training sessions.

We will recognise and understand why yoga props can be very useful for releasing tension from the muscles or altering the angle of the joint, thereby avoiding compression and avoiding injuries.

5. Passive Assists

In section 5 we learn passive, hands-on assists.

Often, we encounter students whose range of movement doesn't allow them to practise certain asanas – such as Saddle pose (Virasana or Supta Virasana). This can be due to a variety of reasons including stiffness, lack of suppleness, age or injury.

Passive assists are particularly useful if a student has been injured previously or has undergone back, shoulder or hip surgery; they are also helpful for older yoga participants.

We will learn, observe and practice a series of passive assists on one another to address each of the main muscle groups in Yin Yoga.

6. Yin Therapy

Yin Therapy offers a holistic approach to counter both physical and emotional imbalances using a combination of various "yin" techniques. We will delve progressively more deeply into Yin Therapy as we move further through the training modules.

In YYTT II, we establish a basic understanding of how – using Yin Therapy – we can support our students' individual and specific physical and emotional issues.

This first unit will focus on:
- Body and mind
- Thought, emotion and reaction
- Stress in the west
- Back pain in the west
- A range of potential solutions based on Yin Therapy

This level II training is a certified stand-alone teacher training and is also the second of four modules that together make up Yin Therapy's 200hour Yin Yoga & Anatomy Teacher Training.

On successful completion of all assignments and 100% attendance you will be awarded a 50 hour 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.

Required Resource:
General Anatomy and the Musculoskeletal System by Schuenke, et al.
Second Edition: ISBN 1604069228
Available to order online at:
http://www.amazon.com/General-Anatomy-Musculoskeletal-System-THIEME/dp/1604069228/ref=dp_ob_title_bk

Suggested Resource:
The Complete Guide to Yin Yoga: The Philosophy and the Practice by Bernie Clark
ISBN 1935952501
Available to order online at:
http://www.fishpond.com.au/Books/Complete-Guide-to-Yin-Yoga-Bernie-Clark-Sarah-Powers/9781935952503

THE TEACHERS

MARKUS

Yin Therapy co-founder and international yoga teacher Markus Henning Giess completed his first yoga training with Power Yoga founder Bryan Kest and then went on to complete several teacher trainings with Yin Yoga teachers and mentors Paul & Suzee Grilley, with whom he also assists on their trainings. He has also completed 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 several Yin Yoga Teacher Trainings with Yin Yoga founders Paul & Suzee Grilley. 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 leading Yoga Alliance accredited teacher training courses, retreats and workshops in Europe and Australasia.
To find out more about Yin Therapy, please visit: www.yintherapy.com

PRICE AND PAYMENT

NZ$1200 / **NZ$1050 Early Bird offer (if booked and fully paid by 30 November 2017)**
(Complete 200hour Teacher Training course NZ$4400 / **Early Bird offer NZ$3900)**

Contact Golden Yogi for further information: events@goldenyogi.co.nz

For registration and payment: http://goldenyogi.co.nz/yin-yoga-teacher-training-2

LOCATION

Golden Yogi Beachside Studio, Level 1 / 46 Hurstmere Road, Takapuna, Auckland

TIMES

Mon – Fri 8:30am – 5:30pm & Sat 9.30am – 6.30pm 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