

YINYOGA TEACHER TRAINING

Level One: Philosophy & Practice



OVERVIEW

Yin is an introspective practice that through the forms of the body, and formlessness of breath, energy and mind states, deepens our awareness of the interconnectedness of body, mind and spirit.

The Open House Level 1, Yin Yoga Teacher Training will focus on the 'how to' of yin and also explore the origins and intentions of this practice. The course will give teachers and interested yogis the confidence and competence to safely and knowledgeably guide and explore the method of this potent practice.



Your teacher training will be led by Josephine Tanham from the Yoga Practice. Josie is a Senior Teacher with Yoga Australia with over 30-years experience. Her initial Yin Teacher Training was with the recognised founder of Yin Yoga, Paul Grilley. Since then, Josie has since completed Yin Yoga Insight Teacher Training levels I & II with the internationally revered teacher, Sarah Powers and additional training with renowned Yin teacher Bernie Clark.

Josie is also a 700-hour Hatha/Vinyasa trained teacher and a Certified Mindfulness Meditation Teacher undertaken through the Jon Kabat Zin endorsed, Australasian Mindfulness Institute. She is currently completing her Diploma in Counselling.

THE COURSE

Your 30 hour, YTT Certification will include the following:

- ◆ Origins and Evolution
- ◆ Guiding Principals
- ◆ Forms & Function – Anatomy, Shapes and Human Variation
- ◆ Meridian Lines and the Energy Body
- ◆ Attention & Intention
- ◆ Meditation, Mindfulness and Inner Practices

Course Delivery, Certification and Assessment Process

The course will be delivered over 5 days and is open to yoga teachers and students with a curiosity to learn more about Yin within the Yoga spectrum. Teachers seeking to attain Training Certification will need to have completed a minimum 200-hour teacher training from a recognized, reputable affiliated body. And, will be required to attend all sessions; lead practical demonstrations during the course; and complete a written response component of approximately 800 words on completion of the training.

2023 Course Dates

Thursday June 1, 10.30am to 5pm

Friday June 2, 10am to 5pm

Saturday June 3, 10am to 5pm

Sunday June 4, 10am to 5pm

Monday June 5, 10am to 4pm

PAYMENT PROCESS

Course Costs: \$800

A deposit of \$400 is required to secure your spot with full payment required 4 weeks prior to participation.

Please note, places are strictly limited for this course to ensure focus and quality. A minimum number of bookings are required for the course to proceed.

Once we receive your course deposit, we will notify you within 7 days of your acceptance into the course. If for any unforeseen reason the course does not take place the \$400 deposit will be refunded in full. Cancellations prior to May 1 will incur a 20% admin fee. No refunds 4-weeks prior to course commencement.

Direct Deposit can be made to:

The Yoga Practice

BSB: 036051

Acc. Number: 346727

Please include your name and "YINYTT" in the Message Field

CONTACT US



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