



## Yin Teacher Training – 50 Hours at AYA with Karina Smith

Thank you for your interest in AYA's 50 Hour Yin Yoga teacher training with Karina Smith.

This comprehensive training for already qualified yoga teachers only, will build upon your current yoga teaching skills and expand your knowledge to include the complexity, beauty, anatomy, and poetry of facilitating the yin experience for your students.

We will cover a breadth of content in the areas of *Yin Theory and Philosophy*, *Yin Anatomy*, and *Teaching skills*. With a great emphasis on **how to teach Yin**. Not only will you learn the depths of how to safely and artfully guide people into the yin aspects of their body, you will develop invaluable teaching skills such as language development, holding space, and sensitivity in adjusting postures.

This training will expand your knowledge and skill set to teach Yin classes with comprehension and confidence.

### **Course delivery**

This course will be delivered over **three full weekends, Saturday & Sunday from 8am to 5pm:**

There will be multiple breaks throughout the day as we move through different modules.

Each day there will be focus on integrating the delivered content into practical teaching sessions to help you truly embody the information that has been given, with time for valuable feedback with each other.

Each day will begin with a yin practice, and components of that practice will form the basis of our content and discussion.

Each day will end with you trying on your new yin teaching skills, as we teach other yin postures, and begin to develop our language, pacing, creative use of props and communication skills.

## **Course Modules**

### **Yin Theory**

- Yin and Yang Philosophy
- The principles of Yin yoga
- Safe practice
- The Energy Body, Qi and meridians
- The Yin meridians
- The Yang Meridians

### **Anatomy**

- How to exercise Yin and Yang tissues, fascia, stress and the rebound.
- Exploring Range of Motion and Skeletal variation of all the major joint complexes:  
The Spine
- The Pelvis
- The Shoulder
- The Knee and Ankle
- The Elbow and Wrist

### **Teaching Skills**

- The role of the Yin teacher: holding space, language, facilitation skills and sensitivity in approaching student.
- Supporting injuries, investigating the experience with the student, how and when to use props.
- The pre and post-natal student.
- Creative and meridian based sequencing: developing themes and narratives.
- Using mindfulness techniques.
- Yin adjustments: touch, kinaesthetic awareness and developing interoception skills.

### **Posture breakdown**

- Detailed breakdown of postures from the morning sequence.

### **Teaching Practice**

- Utilising ideas from the daily teaching skills module to embody ideas and practice facilitating each other through a yin sequence

### **Yin and meditation practice**

- Daily 75 min

## Course Requirements

- A minimum of five Saturdays **attendance** is required for our Yoga Alliance accreditation, which means you may only miss one day of the training. Of course we recognise that life happens, and we will do our best to work with you in the unforeseen circumstances that you need to miss more than one Saturday. At best, try and plan your schedule so that you are free and available for the dates mentioned above.
- A previous qualification in yoga teacher training, 200 hour minimum.
- A regular yin yoga practice.
- A foundational set of anatomy knowledge is highly suggested, as the anatomy covered will be looking at broader ideas regarding range of motion, and skeletal variance beyond simple anatomical information. For those of you that need a refresher on your anatomy, there will be suggested links and videos to view before those anatomy modules are presented.

## Required Reading

There will be articles, links, videos and other materials supplied throughout the course to support your learning and prepare you for each day. The following are excellent texts to acquire before-hand if you would like some extra preparation before-hand:

- “Yin Yoga: principles and practice” by Paul Grilley.  
A small yet very comprehensive beginning point to grasp the concepts of yin yoga.
- “The complete guide to yin yoga: The philosophy and practice of yin yoga” by Bernie Clark.  
A much more detailed book of anatomical concepts and discussion of yin yoga, as well as in-depth information of the benefits of each yin posture.

## **Course Details**

### **Where**

AYA Prahran Studio

### **Course Structure**

3 x Full Weekends, Saturday and Sunday from **8am – 5pm:**

### **Course Dates**

Saturday 9<sup>th</sup> & Sunday 10<sup>th</sup> February 2019  
Saturday 16<sup>th</sup> & Sun 17<sup>th</sup> February 2019  
Saturday 23<sup>rd</sup> & Sunday 24<sup>th</sup> February 2019

**Early Bird Special \$1250 (until 15 December)**

**Full Investment: \$1,450 (from 16 December)**

## **About Karina**

Karina has a background in dance, movement and performance and completed her 350 hour Yoga teacher training with us back in 2010. After her teaching training she travelled through India where she undertook another 350 hour training among the ancient mango orchard at Shanti Mandir ashram Gujarat. Following her training she travelled south and spent a month intensive diving into Ayurvedic studies and healing arts. Since then she has studied Anatomy and Physiology at Latrobe University, and is embarking on her fourth year of Chinese Medicine studies at Southern School of Natural Therapies. Karina is also one of our lecturers for our renowned yoga teacher training course and she delivers lectures in Meditation, Anatomy, Yin, and Cueing Skills.

With a passion for Yin Yoga and its relationship to Chinese Medicine, Karina's Yin training includes Level 1, and 50 hours of teacher training with Jennifer Crescenzo, 50 hours of teacher training with Bernie Clark in Vancouver, and will be doing 50 hours of Level 1 Yin training with Paul Grilley in June of this year.

Karina is most interested in how Yin Yoga can provide a healing space for the student, as well as the gateway to understanding one's self, away from the complex stimulation of the external environment.