

50 hr Yin Teacher Training with Paul Archer



AUSTRALIAN
YOGA ACADEMY

Course Outline



Your 50-hour Yin teacher training is Yoga Alliance certified and includes 2 classes per day, interspersed with theory, anatomy, teaching rounds & philosophy.

We will cover these topics.

Understanding Chi

Chi is a form of subtle energy that flows within our energy bodies. As long as chi flows freely and is balanced, health is maintained, when it is out of balance or blocked, dis-ease will occur.



Definitions of Yin & Yang



The Yin practice works to enhance and restore energy (Chi) in the body.

When we place the body in specific positions designed to pull on and pressurize tissues, we elicit the body's natural repair response.

When we incorporate training of the mind while working on the body, we stimulate a sense of calm, well-being and mindful awareness.

Yin

DARK	LIGHT
HIDDEN	OBVIOUS
WAVERING	DIRECT
FEMININE	MASCULINE
ROUND	STRAIGHT
FLEXIBLE	SOLID
NIGHT	DAY
MOON	SUN
PASSIVE	ACTIVE
ICE	FIRE
SHADE	LIGHT
WET	DRY
SLOW	FAST
TIRED	LIVELY
SOFT	HARD
EARTH	SKY
INTERNAL	EXTERNAL
WINTER/FALL	SUMMER/SPRING
LEFT	RIGHT
INTERIOR	EXTERIOR
NEGATIVE CHARGE	POSITIVE CHARGE
INTUITION	LOGIC
REST	MOVEMENT
CALM	ENERGETIC
SOOTHING	VIBRANT
TIGER	DRAGON
STORAGE	USAGE
QUIET	LOUD
RECEPTIVE	CREATIVE
DEATH	LIFE
CLOSED SPACE	OPEN SPACE

Yang

**“Even a happy life cannot be without a measure of darkness,
and the word happy would lose it’s meaning if it were not
balanced by sadness. It is far better to take things as they come
along with patience and equanimity”**

-Carl Jung

Chi Functions & Dysfunctions

Chi or Qi is responsible for a number of physical and energetic actions in the body/mind environment we call home.

Functions include movement, extracting energy from our food, the flow of blood and liquids in the body, and regulating body temperature.



“Human Chi comes from two main sources. The first source is inherited from our parents at conception, it is known as “the innate vital substance”.

The second source is derived from essential substances in nature, such as the air we breathe, food & water.

Both the inherited and the acquired vital energies are further processed and transformed by the organs.”

Joint Mobility & Rigidity

When a joint hardens through injury or lack of movement the connective tissues tighten, limiting the range of movement, and causing roadblocks on the Chi super highway.

So the issue becomes how to nourish the joints of the body.



To understand this we must first comprehend how the Yin and Yang practices directly affect the flow of Chi in the body.

Pranayama

Lengthening and deepening the breath oxygenates the blood and increases the flow of Chi, it will also regulate the nervous system.

We can affect our heart rate by as much as 30% and trigger a parasympathetic response.

This will have an almost immediate calming and clarifying effect on the emotions and mind/body environment.



Meditation & Equanimity

Concentrated focus on a sound, object, breath, movement, mantra, area of the body, or even of the mind itself.

Not allowing the fluctuations of the mind or emotions to draw you away from your point of focus



Tension & Compression

From a physical perspective, we reach our edge when either the tissues can stretch no further or when the body impacts upon itself.



When there can be no further elongation of the tissues, and movement is restricted, this is defined as tension.

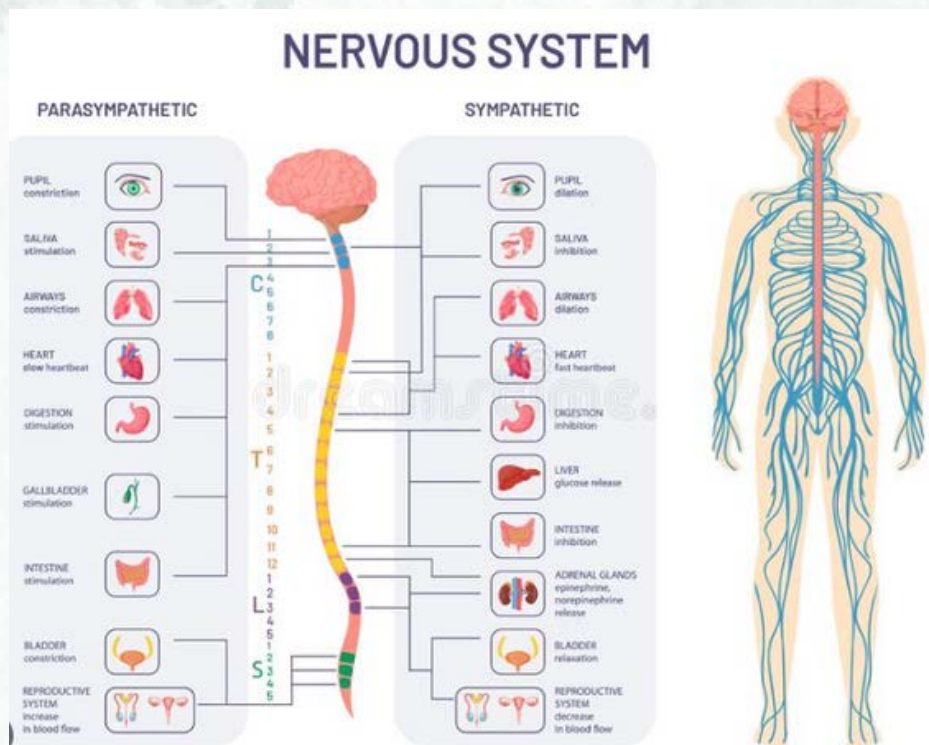
When one part of the body impacts or is coming into contact with another part in a way which restricts further movement, this is defined as compression.

Sympathetic & Parasympathetic Nervous Systems

The ANS has two elements or branches, known as the sympathetic and parasympathetic nervous systems.

The Sympathetic nervous system is often categorized as our fight or flight response.

The Parasympathetic nervous system is categorized as our rest and restore/repair or healing response.



Structural Anatomy of the Spine

We can't have a complete understanding of our body without first understanding the spine.

Your spine runs from the base of your skull to the pelvis.

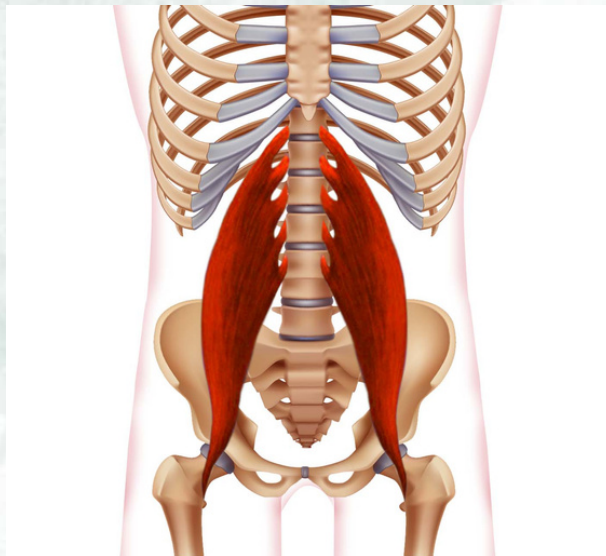
It functions as a pillar to support the body's weight and protect your spinal cord.



Structural Anatomy of the Psoas

These are your deepest core muscles, attaching from T12 (Thoracic 12) to L5 (Lumbar 5), then running through the pelvis and inserting at the top of the femur (upper leg bone).

They are the only muscles that connect your spine to your legs, linking the upper and lower body together.



“The psoas is so intimately involved in such basic physical and emotional reactions, that a chronically tightened psoas continually signals your body that you’re in danger, eventually exhausting the adrenal glands and depleting the immune system.”

- Liz Koch

Fascia & Meridians

The fascial network requires hydration to function well but may become dehydrated through immobility or injury.

When we engage the fascia through stretching or physical manipulation, we rehydrate the network with hyaluronic acid and water, allowing the fibroblasts that caused the tightness to respond by relaxing and lengthening.



Meridians are the energetic pathways extending through the body in the fascia.



Pregnancy, Contraindications & Injuries

There will be a myriad of types of students attending your classes, new ones, hypermobile ones, average joes, flexible ex-dancers, injured or ill people, and pregnant women.

Yin is accessible to all of these, even when the yang yoga options are not.

Learn the appropriate poses, cues, modifications & limits.



“Never diagnose your students ailments”

Sequencing & Theming

There are many approaches to how to teach a Yin class, you must choose a focus or theme, whether you wish to focus on a specific part of the body.

Overambitious classes are so crowded with intentions, pranayama, anatomical info, meridian lines, elements, quotations and stories, that there is little room left for stillness and introspection.

“Less is More”



Teaching Rounds & Mentoring

The final stage of the course will involve creating & sequencing short classes, then teaching them to your fellow students.

You will receive feedback and individual mentoring to make you a more polished teacher.



Upon successful completion of the course, you will receive a Certificate of Completion and be qualified and confident to teach Yin Yoga.



Your Teacher



Paul Archer is a Yoga teacher, lecturer, studio owner and award-winning author.

He has over 10,000 hours of teaching experience and runs Yoga Alliance-certified courses in Yin & Restorative Yoga.

