



KARINA SMITH

Yin Yoga & Chinese Medicine

50 Hour Yin Yoga & Functional Anatomy Teacher Training

February/March 2022

Australian Yoga Academy Prahran Information Pack

Thank you for your interest in this 50 Hour Yin Yoga and Functional Anatomy Teacher Training.

This comprehensive training is available for both already qualified yoga teachers and students of Yin Yoga, wanting to build their skill set and deepen their experience and knowledge of the practice.

The course offers an extensiveness array of content in the areas of *Yin Theory and Philosophy, Anatomy, and Teaching Skills*. This training has a great emphasis on **how to teach yin yoga**, and each day you will be guided through content that is integrated all the way through to practice opportunities, especially in the areas of developing language skills, holding space, understanding skeletal variance and working one on one with students to find the right yin yoga shape for their unique body.

Course Delivery and Dates.

The course has **weekly online content** that must be viewed prior to the face to face sessions. This is approximately 3 hours per week of online viewing. This includes the week leading up to the first weekend.

When considering this training please take the time to plan for when you can undertake the weekly online viewing as it will be essential knowledge for the face to face sessions, and for your group teaching practice. It will be quite evident to myself and your group if this material has not been viewed by you.

The face to face training will include:

- 1 online zoom room meet and greet on **Friday 4th February** 6:30 – 7:30pm
- 4 x Saturdays: **5th, 12th, 26th February, 12th March** 10am – 5pm
- 1 x weekend: Saturday and Sunday **19th and 20th March** 10am -5pm



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Doors will be open from 9:30am for arrival.

Daily structure.

There will be multiple breaks throughout each day to digest and integrate the content.

Each day will start with a yin yoga practice, which will form the basis of content for the day.

Pre-attendance requirements:

Before each weekend of attendance there will be **COMPULSORY VIDEO MODULES** that must be viewed in order for you to have the necessary content for your teaching practice module on that day.

You will be given more information regarding this closer to the training including video access codes etc. **The video modules will make up an average of 3 hours of viewing time per week.** These can snowball if not managed so please ensure this is attainable for your schedule.

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:

- Exercising Yin vs Yang tissues in the body
- Skeletal Variation and Range of Motion in Joints:
- The Spine
- The Pelvis



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- The Shoulder
- The Knee and Ankle
- The Elbow and Wrist

Teaching Skills:

- The role of the Yin teacher: language, holding space, sensitivity with students.
- Supporting injuries, and the use of props.
- The pre and post-natal yin student
- Creative and meridian based sequencing.
- Mindfulness integrated into the practice

Accreditation

The training is fully accredited through Yoga Alliance Australia. If you are a qualified yoga instructor registered with Yoga Alliance Australia, you will be eligible to become a 50hour Yin Yoga certified teacher upon completion of this training.

Location and Parking.

We will be training together at The Australian Yoga Academy in Prahran.

Address: 42 Clifton Street Prahran.

By 9:30am traffic can be heavy in Prahran. Please allow ample travel time to arrive each day.

The best car parking plan is to utilise the King Street Carpark which is a five minute walk from the studio.

You are welcome to bring snacks and meals, as the space has a small kitchenette with cutlery, crockery, tea, and a fridge for storage.



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Course Requirements

- A regular yin yoga practice
- A foundational understanding of anatomy. We will be diving deeper beyond basic anatomy in this training. For those that need a refresher there will be links and videos suggested throughout the course material for your self-study.
- A minimum of **five full days** of attendance in order to receive a certificate.
- Compulsory pre attendance viewing of video module content (this will be monitored).

Suggested Reading:

There will be articles, links and other materials on offer throughout the training. The following are excellent texts to acquire before-hand if you would like some extra preparation:

- “Yin Yoga: Principles and Practice” by Paul Grilley.
A small yet very comprehensive book to grasp the concepts of yin yoga
- “The Complete Guide to 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.

My background and training

My movement background is primarily that of a dancer. Dance led me to yoga, and I completed my first 350hr TT with AYA in 2010. I followed this up with another 350hr TT in India in 2012. During my time in India I also spent a month studying at an Ayurvedic College learning diagnostic tools and massage.

I completed half of my Masters in Podiatric Practice at Latrobe University before transferring into a Bachelor of Health Science, Chinese Medicine major in 2015. I have just recently completed my Bachelor of Health Science Chinese Medicine major in 2019 and am now a fully qualified acupuncturist and herbalist.

My yin training consists of:

- 50hr study with Jen Crescenzo in Melbourne (2015)
- 50hr study with Bernie Clark in Vancouver (2017)
- 50hr of Study with Paul Grilley in California (2018)



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I am also one of the lecturer's at the Australian Yoga Academy, and I deliver content in the areas of Yin Yoga, the Skeletal System, the Spine, and the development of cueing and language skills.

I am most interested in how Yin Yoga can provide a healing space for the student as well as a gateway to better understand one's self, love one's self, and flourish from a place that is whole and complete.

Price

Early bird Price \$1250 ends 10th January 2022

Full Price \$1450

Contact: For questions regarding the training please email: karinasmithyoga@gmail.com

Booking: You can register online through the AYA website:

www.australianyogaacademy.com