



YIN YOGA TEACHER TRAINING

YIN YOGA & ANATOMY

TEACHER TRAINING I (50 hours)

24 - 29 January 2016, Wellington

with Markus Henning Giess & Karin Michelle Sang
in collaboration with Yoga Centre for Higher Self



Welcome to Yin Yoga and Anatomy Teacher Training I

Our world is comprised of yin and yang. We find polarity in our language, in our environment, in everything and everyone. This polarity and contrast blend seamlessly, as epitomised by the yin and yang symbol.

In the West, we practise mainly yang forms of yoga (Ashtanga, Bikram, Vinyasa Flow, etc.) - muscle strengthening and muscle tension through rhythmic, flowing and repetitive movements. Yang needs yin in order to exist, and yin needs yang in order to exist. When both sides are aligned, balance and harmony are achieved.

Yin Yoga is “the other half” of yoga. It is the complementary practice to all yang forms of exercise, be it yang styles of yoga, dance or sport. Both are necessary and belong together intrinsically, creating harmony between body, mind and soul.

Whereas on a physical level, one can substitute yang forms of yoga with many other physical activity that strengthens and stretches the muscles and works the cardio vascular system, there is no other substitute quite like Yin Yoga which stimulates and stretches/stresses the fascia - the connective tissue, ligaments, tendons, joints resulting in a deeply relaxing practice while creating „space“ in the body, de-stressing the mind and re-energising the soul.

As our lives have become increasingly fast-paced and stressful, the popularity in Yin Yoga has increased dramatically in Europe, America and also Australasia due to the urgent need for balance on a physical, mental and emotional level.

This 50-hour intensive training was created for already certified and aspiring yoga teachers as well as dedicated yoga students, who wish for a deeper understanding of Yin Yoga and Yoga Anatomy for their teaching and/or own practice.

This certified Yin Yoga & Anatomy Teacher Training will give you the knowledge and skills to confidentially teach yin yoga with a deep understanding for anatomical variation which will benefit one's own practice as well as the teaching of not only Yin Yoga, but all forms of yoga, dance, sport, massage and bodywork.

This 50-hour intensive yoga teaching programme comprises 4 sections:

1. Yin yoga asanas

This section covers the theory and practice for teaching 20 yin yoga poses, including their specific characteristics, the function of the pose and their effects.

One of the main elements of our Yin Yoga teacher training is, understandably, the asana practice, so each day there will be at least one 120-minute class.



2. Anatomy is the key



Anatomical understanding of not only the individual bone structure but also the muscular, connective, fascial and ligamental tissues is an essential prerequisite for an effective yoga teacher.

The backbone of Yin Yoga (in the style of Paul and Suzee Grilley) – and thus of our Yin Yoga Teacher Training – will be yoga anatomy from a functional approach, because it is difficult for us to feel completely secure about our teaching without understanding muscles, ligaments and joints (bone structure). Time and time again students will challenge us.

In this training, we will refresh our basic knowledge and concentrate mainly on the individual bone structure (compression) and unique muscular, ligament and fascial tissues (tension) of each student, to ensure we are fully conversant with their anatomy and thus able to ensure that the practice is safe for them.

This understanding of how to look deeper into the human body, to see the human as a moving skeleton, to read him by observing the way he or she moves and to be able to identify which joints are involved in a yoga pose allows us to be more certain, when

teaching, about which logical variations of a pose to suggest or which individual assists to give the student.

Once one has grasped this principle, the physical part of yoga (asana practice) becomes an extremely simple combination of muscle and joint movements.

3. 7-point analysis principle for assists - theory

This Yin Yoga and Anatomy Teacher Training focuses less on teaching set assists and much more on introducing a 7-point analysis principle, which you can then use for every known yoga pose and for each individual student.

This analysis principle for assists, combined with an anatomical understanding of the student's individual bone structure and the tension lines within their body, helps us to learn to read people when they are holding yoga poses. We can then give them logical assists and/or offer them alternatives tailored to the requirements of their individual, unique physique and bone structure.

With the help of the 7-point analysis, we can quickly learn to read, analyse and evaluate human bodies.

Once a yoga teacher has developed full anatomical understanding, applying it during a yoga session is child's play, as an assist is always a logical progression, based on the unique body of each individual student. This principle helps us, as teachers, to stay alert and present

4. 7-point analysis principle - practical tests

Experiential learning through hands-on practical tests and practice.

No matter how experienced you are, you cannot learn yoga anatomy from a book or a DVD. You will learn through practising techniques both on yourselves and with your fellow students.

In this 50-hour Yin Yoga and Anatomy Teacher Training module, you will study and apply a series of practical tests for analysing the bone structure, compression and tension of our students. You will have the opportunity to learn - in a safe environment - to read a human being, to sense your own limitations and to test and recognise those of others. Eventually, with the benefit of myriad insights and enhanced self-awareness, you will be able to assess the needs and limitations of any individual student.

Moreover, as a result of practising many repetitions, you will feel more secure and clear about your approach to Yin Yoga and anatomy.



Upon completion of this Level I module, the foundations for teaching Yin Yoga will be securely in place.

This training is a certified stand-alone teacher training and is also the first 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.

Other Key Concepts:

Learning model: Shrivana, Manana, Nididhyasa

14 joint segment analysis

Compression and tension

Skeletal variation

Fascia - the yin tissue - latest research

3 layers of a joint

Theory of exercise

Tensegrity of the body

Variations of poses

Props and adjustments

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 now also assists on their trainings.

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 also a professional Thai masseur, Reiki master and gives Thai massage training and meditation workshops and courses. He has over 20 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.



Markus is considered one of the most prominent Yin Yoga teachers in Europe offering Yin Therapy's 200-hour Yin Yoga & Anatomy Teacher Training and Yin Yoga & Anatomy workshops throughout Germany and in Austria, Switzerland, Spain. Since 2015, he and his partner Karin Sang offer Yin Yoga Teacher Training and workshops in New Zealand and Australia.

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.

"A trainer with deep knowledge and inner wisdom."

KARIN



International yoga teacher, mother and Yin Therapy co-founder, Karin Michelle Sang was first introduced to yoga in 1999 while working as a professional musical performer in Germany. She completed a 350-hour Yoga Teacher Training with Power Yoga founder Bryan Kest, followed by several Yin Yoga Teacher Trainings with Yin Yoga teachers Paul & Suzee Grilley. She is a passionate, certified yin junkie dedicated to spreading the word of yin yoga and the importance of understanding skeletal individuality when teaching and practicing yoga. She believes Yin Yoga is the perfect complement - the "other half" to not only yang forms of yoga but also for all sports and for everyone living in our stressed and fast paced world.

After 23 years of performing and working professionally in various musicals in London and throughout Germany, she has teamed together with her partner in crime - on and off the stage and yoga mat, Markus Giess to co-found Yin Therapy specialising in Yin Yoga & Anatomy Teacher Training and workshops in Germany, Austria and Switzerland (in German) and New Zealand, Australia and Spain (in English).

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 yoga teachers and co-founders of Yin Therapy giving workshops and leading teacher trainings in Europe and Australasia. To find out more about them and the workshops and courses they lead: www.yintherapy.com

PRICE AND PAYMENT

The full price of the training is NZ\$1100.
Early bird offer is NZ\$950 (if you register and pay in full by 15 November 2015)
For registration and payment email Monika at: info@higherself.co.nz

LOCATION

Yoga Centre for Higher Self, Level 1, 1 Marion Street, Te Aro, Wellington

TIMES

Every day 8:15am - 5:15pm with lunch break

MORE INFORMATION ABOUT THE TRAINING SYLLABUS:

<http://www.yintherapy.com/en/yin-yoga-teacher-training-i/>