
ADVANCED YOGA
TEACHER TRAINING



50hr Yin Yoga Training

We invite you to explore the profound depths of Yin Yoga, unlocking its transformative power both for yourself and your students. Throughout our journey together, we will dive into the rich tapestry of Yin Yoga philosophy, anatomy, and teaching methodologies, equipping you with the knowledge and skills to guide your students on a journey of self-discovery and healing.

YOGA ALLIANCE
CERTIFIED

STRETCH
yoga

50 CONTINUED
EDUCATION CREDITS

Overview

From unraveling the mysteries of fascia to mastering the art of prop usage and effective cueing, this course offers a comprehensive exploration of Yin Yoga's key principles and practices. Whether you're a seasoned teacher seeking to broaden your knowledge or new to Yin Yoga, our experienced faculty will support you every step of the way, providing personalised guidance and mentorship throughout the course.

Join us as we embark on this transformative journey, deepening our connection to ourselves and our practice, and empowering others to do the same. You'll unlock the profound benefits of Yin Yoga and inspire others to embrace the beauty of stillness and introspection.

Course Snapshot

Group Size: 16 Students

Yoga Style: Yin Yoga

Course Length: 5 Days
over two Weekends

Skill Level: Intermediate

Pathway: Yoga Alliance
300hr RYT

What's Included?

50 Hours of In-Person
Training at Stretch Yoga

50 Continued Education
Credits with Yoga
Alliance

5-Class Pack to use at
any Stretch Yoga Studio

Comprehensive Training
Manual

Body of Study

Training Curriculum

Yin Yoga Fundamentals:

- Historical overview, purpose, and benefits of practicing with a Yin approach
- Understanding the concept of Yin and its significance in body and mind

Anatomy and Physiology:

- Specific anatomical considerations for Yin Yoga practice
- Exploration of Anatomy Trains and their influence on energy flow
- Deep dive into fascia research and its impact on connective tissues

Postures and Variations:

- Learning key Yin postures and their variations
- Understanding benefits and contra-indications of each pose
- Utilising props and variations to address individual movement barriers

Body of Study

Training Curriculum

Effective Teaching Techniques

- Developing cueing skills for guiding students into and out of poses
- Understanding the role of natural human variation in asana practice
- Exploring key asana families and their variations

Physiological Principles

- Understanding range of motion (ROM) and its significance in Yin practice
- Exploring the nervous system's role in regulating ROM
- Applying scientific principles to determine optimal stretching practices

Mindfulness and Mind-Body Connection

- Cultivating a Yin state of body and mind through mindfulness techniques
- Emphasising the importance of introspection and self-awareness in Yin Yoga

Meet Your Teachers

Get ready for five immersive, challenging, and profoundly rewarding days ahead. Throughout this training, we're set to embark on an even deeper journey together, dedicating extended hours to practice, training, and learning. Throughout this intensive experience, you'll forge stronger connections not only with your self, but also with your dedicated teachers. Get ready to dive deep into this transformative journey with a team committed to your growth and success!



Sarah Jane (SJ) Cramond

Head Teacher & Stretch Yoga Owner

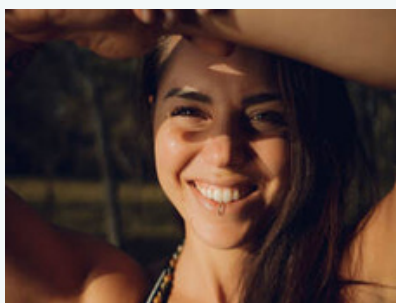
SJ believes in creating safe, inclusive and respectful environments where you can learn and grow, to develop your own practice whilst uncovering your individual teaching style.



Dr. Victoria (Tori) Gill

Co-Teacher

As a medical professional, Tori values making education about our bodies accessible and engaging, equipping you with a wealth of knowledge and tangible strategies that can be seamlessly woven into your teaching.



Leanne Gerich

Guest Lecturer

Leanne shares her passion for Chinese Medicine Theory and Philosophy in a practical, approachable and applicable way, ensuring you can weave these valuable teachings and benefits into your Yin classes.

Reading List

Yin Yoga, a relatively new style of yoga practice, stands as a profound complement to more active (Yang) styles of yoga. Focused on targeting the connective tissues and joints—including ligaments, tendons, and fascia—through long-held poses, Yin Yoga offers a transformative approach to deepening flexibility and enhancing circulation. With its emphasis on promoting relaxation, meditation, and mindfulness, Yin Yoga serves as a gateway to profound inner peace and holistic well-being.

In alignment with the pioneering contributions of the founders of Yin Yoga, our recommended readings reflect their expertise and insights. Delve into these invaluable resources to deepen your understanding and practice of Yin Yoga, and embark on a journey of self-discovery and transformation.

◆ Recommended Books:

- “Yin Yoga: Principles and Practice”, by Paul Grilley
- “The Complete Guide to Yin Yoga”, by Bernie Clark
- “Your Body, Your Yoga”, by Bernie Clark
- “Insight Yoga”, by Sarah Powers

Other Resources:

- 'Yoga of the Subtle Body', by Tias Little
- 'Five Spirits' by Lorie Eve Dechar
- Bernie Clark's [YouTube Channel](#)

Pre-Requisites & Requirements

Our 50-hour Advanced Yin Yoga Teacher Training offers a specialised pathway for experienced practitioners and teachers seeking to deepen their expertise in Yin Yoga. It can be completed on its own, or as part of our 300-hour Advanced Yoga Teacher certification (Level 2).

This training provides a focused exploration of Yin Yoga principles and practices. You are invited to approach this training with an open mind, a receptive heart, and a commitment to expanding your knowledge and skills in the art of Yin Yoga.

Throughout this immersive program, you'll engage in a dynamic blend of lectures, guided practice sessions, and hands-on training, all tailored to enhance your understanding and mastery of Yin Yoga techniques and methodologies.

Active participation in all training sessions, coupled with dedicated self-study and completion of assigned homework, forms the foundation of this transformative journey. As you progress through the program, you may also have the opportunity to complete practical assessments and other requirements tailored to your growth as a Yin Yoga teacher.

Upon successfully completing the 50-hour Advanced Yin Yoga Teacher Training, you'll emerge with a certificate of completion, affirming your commitment and expertise in the art of Yin Yoga teaching.

This certificate can be registered for 50 Continued Education credits with Yoga Alliance or applied towards your full 300-hour certification.

Investment

We believe in making yoga education accessible to everyone. Whether you're eager to take advantage of our Early Bird Special or prefer the convenience of a payment plan, we have options to suit your needs. Our payment plan option allows you to spread out the cost of your training. With a non-refundable deposit and subsequent fortnightly or monthly payments via direct debit prior to course commencement, you can ease into your investment while still securing your spot in the training.

Early Bird Pricing

\$990

Full Course Fee

\$1,100

What's next?

- 1 Pay a \$290 deposit to secure your spot.
- 2 Either pay in full or select payment plan to distribute remaining payments over 2 months.
- 3 If needed, contact us to adjust your payment schedule.

Payment Plans: We offer payment plans to support your yoga education journey. Plans are automatically scheduled at checkout, please contact our team to adjust instalments and schedules. We're here to help you embark on this transformative journey with ease.



take the leap

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