Avana Yoga

YOGA ALLIANCE CONTINUING EDUCATION (YACEP)

YIN YOGA · CHESTER, UK

50-Hour Yin Yoga Teacher Training

Stillness in the body, quiet in the mind.

HOURS	WHERE	DATES
50 hours	Chester, UK	Coming soon

REGISTER YOUR INTEREST

THE TRAINING

A specialist training in Yin Yoga

A 50-hour training for yoga teachers and dedicated practitioners who want to explore the principles, practice and teaching of Yin Yoga in greater depth.

Yin Yoga is a quiet practice of long-held, well-supported postures, seated, lying down and on the front. Each posture is held on average for three to five minutes, and sometimes for up to twenty, so that the work reaches the fascia, ligaments and joints rather than the muscles.

Passive yet intense, slow yet challenging, it is a deeply meditative practice. Each person comes into the posture in the way that works for their body, which makes Yin suitable for practitioners of every style and a natural preparation for meditation.

Who it is for

- Yoga teachers who want to add Yin to their teaching
- Dedicated practitioners who want to deepen their own Yin practice
- Anyone with a regular practice and a genuine interest in Yin

Recognised by Yoga Alliance

The training is recognised by Yoga Alliance for continuing education (YACEP) hours. No prior teaching experience is needed, although a regular yoga practice is recommended.

CURRICULUM

What you will study

The practice

- Two asana practices each day: one led by the teacher, one led by students
- Student-led practice to find your voice, sharpen your observation and grow confident with cues and props
- Two theory classes each day: teaching methodology, and the history and principles of Yin, anatomy and the meridians

27 Yin Yoga asana

- Each asana explained in full
- How to come into and out of the pose
- Using props in the pose
- Target areas and the joints affected
- Benefits, variations and modifications

Anatomy

- How bones, muscles, ligaments, joints and fascia interact
- Proportion and orientation
- Tension and compression
- Connective tissue and fascia
- The meridians
- Respecting the differences in every person's skeleton, so each pose is adapted to the student

Teaching methodology

- The principles of assists
- A functional approach to yoga: function over aesthetics
- The Taoist concept of Yin and Yang
- Motion analysis: how bone structure shapes each pose
- Sequencing effectively
- An introduction to Traditional Chinese Medicine and the meridians

By the end, you will

Know and apply the principles of the Yin practice

Observe, adjust and use props effectively

Know each asana's name, target areas and joints

Understand and apply the art of sequencing

Explain tension, compression and range of motion

Know the 12 main meridians and the asana that work on them

COURSE DETAILS

Chester, UK
Dates coming soon

Length: 50 hours

Time: 10am–4pm each day

Where: Chester, UK

Dates: to be announced. Register your interest and we will tell you first.

To graduate

Written and practical assessments are completed at the end of the course, and you need to attend at least 90% of it. Certificates are awarded on successful completion. The course is taught in English, so a good understanding of spoken and written English is needed.

COURSE FEE

£599

Includes all training materials and your certificate.

A payment plan is available. Accommodation and meals are not included.

REGISTER YOUR INTEREST

YOUR TEACHERS

Taught by experienced teachers

Leena

YOGA & MEDITATION · ART PSYCHOTHERAPY

Leena teaches yoga and meditation as one practice, from the heart and with care for each student's own nature, what the tradition calls svarupa. Her yoga began in childhood, chanting and practising with her grandfather, Bapujee, and the community at the local Mandir. She has trained with teachers around the world in Ashtanga Vinyasa, Yin Yoga and meditation, including a 100-hour Yin Yoga Teacher Training and a 100-hour meditation training in Rishikesh. She is also an Art Psychotherapist registered with the Health and Care Professions Council.

Yogi Madhav

TRADITIONAL YOGA · PHILOSOPHY · MEDITATION

Yogi Madhav was raised in a traditional Indian family and has practised yoga since childhood. He holds a Master's degree in Yoga and Meditation and has taught internationally since 2012, guiding thousands of students through 200-hour and 300-hour teacher trainings. Now based in the UK, he teaches in a traditional, simple and calm way, with precise instruction and the philosophy that gives the practice its depth.

Matt

ASHTANGA VINYASA · TCM ACUPUNCTURE

Matt teaches Ashtanga Vinyasa, a practice he has followed since 2008 and taught since 2011. He began yoga in 2001 to recover from a back injury, and completed his 200-hour training in the Ashtanga primary series in Rishikesh. He is also a qualified acupuncturist, with a BSc (Hons) in Traditional Chinese Medicine Acupuncture from Wrexham Glyndŵr University, and brings that understanding of the body into his teaching.

★★★★★ GOOGLE REVIEW

"Fantastic course delivered with care, compassion, deep knowledge and practical demonstrations."

VICTORIA · 50-HOUR YIN YOGA TEACHER TRAINING

Read our reviews on Google

QUESTIONS

Before you register

Do I need teaching experience?

No. The course is open to all levels. A regular yoga practice and a genuine interest in Yin Yoga are recommended.

Is it recognised by Yoga Alliance?

Yes. The training is recognised by Yoga Alliance for continuing education (YACEP) hours.

Will I be able to teach Yin Yoga afterwards?

Yes. You finish with the knowledge and skills to teach a Yin Yoga class with confidence, and to offer individual assists, modifications and variations.

Can I combine it with other trainings?

Yes. Yin complements most other trainings: it adds a slower, quieter practice to your teaching and deepens your understanding of yoga as a whole.

What does the fee include?

All training materials and your certificate. Accommodation and meals are not included.

GET IN TOUCH

Be first to hear the dates

Register your interest and we'll let you know as soon as the next dates are confirmed.

REGISTER YOUR INTEREST

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