

Teaching Yin Yoga Immersion – Yoga Healing Glasgow

50 hour course

**Monday 16th November - Thursday 19th November
(9.30am – 4.30pm each day)**

Cost £445 Early Bird (bookings before 16th September) £495 full price

During this 4 day teacher training intensive you will explore the practice and experience of Yin Yoga, understand the history and concepts of Yin Yoga, and learn how to effectively teach this subtle but powerful style of Yoga, leaving you with a deeper understanding of this practice and its theory and confidence to teach Yin to your students.

Key Concepts of the course:

Theory

- What is Yin Yoga:
- History of Yin Yoga
- Yin vs Yang
- Yin Yoga and Chinese Meridian theory

Practice:

- Experience of Yin Poses in practice
- Transitional Poses
- Pranayama and Meditation Practices for Yin

Anatomy:

- The Nature of Fascia and connective tissues in Yin
- Tension and Compression
- Skeletal variations and their effects

Teaching:

- How to intelligently sequence a Yin Practice
- Understanding Modifications and Use of Props
- The Language of yin (use of tone, pacing and language in teaching)
- Holding space for your students

This is a 50 hour training course for the purposes your Continuous Professional Development/Further training hours (please check individual requirements of your regulatory body – ie YAP, BWY, IYN etc).

This course is open to those who are not qualified yoga teachers. In this instance you will not be insured/qualified to teach this professionally, and will not receive a certificate, but you are welcome to attend the course to deepen your own knowledge and experience. For teachers wishing to gain

the certificate for this course there will be additional pre-course reading hours, personal study and assignments to be completed.

Bio: Dawn Wright is a Senior Yoga Teacher with Yoga Alliance Professionals UK who has been training other yoga teachers for many years, teaching on 200hour Training courses and Further Training/CPD for teachers around the UK. She has studied with Sarah Powers and other leading international Yin teachers over the years. She is known for her practical, informative, supportive and warm approaching to teaching and training.

Frequently asked Questions

Do I need to be a Yoga Teacher to do this course?

This course is open to those who are not qualified yoga teachers. In this instance you will not be insured/qualified to teach this professionally, and will not receive a certificate, but you are welcome to attend the course to deepen your own knowledge and experience. For teachers wishing to gain the certificate for this course there will be additional pre-course reading hours, personal study and assignments to be completed.

Does this count as further training for CPD requirements?

This course is run and taught by Dawn Wright. As a Senior Yoga Teacher with Yoga Alliance Professionals UK, your training hours can be used for CPD/ further training recognition. Please check with your governing body (YAP, BWY, IYN etc) for their particular requirements.

What are the course commitments?

To complete the course you must attend 100% of the course hours, and complete some reading and assignments (details of these will be supplied after booking).

What happens if I miss some of the course?

If you miss some of the course then you will only receive CPD hours for the number of course hours you attended. If you wish to complete the whole of the course to full certification this may be possible by arranging a catch up session with Dawn. Please contact her to discuss your personal circumstances. Additional costs will apply.

What happens if I need to cancel after booking?

If you cancel your booking before 10th November then you will receive a full refund less 10% administration fee. For cancellations from 11th November 2020 onwards, your place is not refundable or transferable.

If you cannot attend the course for any reason, decide to leave the course/ are unable to complete the course for any reason then no refund or certification will be given. You may wish to take out personal cancellation insurance to cover you in the event you are not able to attend the course after the cancellation/refund period has ended.

We need a minimum number to run the course, if for any reason this is not met we reserve the right to cancel the course with no less than 4 weeks notice. In this instance your course fees will be returned to you fully. We do not accept responsibility for any other costs.