

Teaching Yin Yoga Immersion – Yoga Healing Glasgow and Dawn Wright

50 hour course - online

Monday 9th – Thursday 12th November 2020 (9.15am – 4.30pm each day) + 2 hour zoom follow up session a few weeks later (date to be agreed by group)

Cost £345 Early Bird (bookings before 30th September 2020) £395 full price

During this 4 day online 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
- Safety considerations for the body

Teaching:

- How to intelligently sequence a Yin Practice
- Understanding Modifications and Use of Props (including considerations for pregnancy and hypermobility)
- 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 90% of the course hours live online. There is some pre-course reading and some assignments after the course to embed learning.

What happens if I miss some of the course?

You must attend 90% of the course hours live/online – 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 1st October 2020 then you will receive a full refund less 10% administration fee (of the full cost)

For cancellations from 1st October 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.

Online Training Testimonials

Just finished a four day online Yin training with Dawn and also did a face to face pregnancy training with her a few years ago. She is an amazing teacher, so knowledgable but also very approachable and creates a supportive learning environment. I highly recommend Dawns training courses and would love to do more courses with her in the future. Thank you so much Dawn! Xxx

(Rachel Proctor)

I have thoroughly enjoyed Dawn's recent yin yoga online intensive teacher training! Dawn is extremely knowledgeable on so many different aspects of yoga and anatomy and she created a really supportive, warm environment for learning and connecting with other like minded yoga teachers. The balance of learning, yin practice, group work and teaching practice worked very well and meant that each day of the course was varied and stimulating. Learning online can be intense but Dawn made it really accessible and the practical sessions were like being part of a mini retreat! The course offered very comprehensive coverage of yin and offered lots of opportunity for discussion, reflection and questions. I'm looking forward to offering yin as part of my teaching portfolio. I would definitely recommend Dawn's yin training to other teachers who are interested in offering yin classes or who are just interested in deepening their own yin practice and understanding. I will also be looking to join other teacher training courses that Dawn offers in the future. Thank you Dawn!

(Laura Lane)