



ACADEMY
FOR YOGA TRAINING

INTEGRITY • STRENGTH • FOCUS

Yin Yoga

40-Hour Prospectus

Yin Yoga 40-Hour Teacher Training Course

Join us online or in person from the heart of the beautiful city of Bath. This online or face to face course is suitable for those who have already completed a 200-hour Yoga teacher training course, as well as experienced students who would like to learn more about this increasingly popular style of yoga. This intensive course will challenge, inspire and strengthen you as you take the next steps on your yoga journey.

Be part of a small group - either 15 students via Zoom or 14 students in person at Bath Yoga Studio - to study the principles of Yin Yoga in depth.

This unique course is a blend of learning styles. If learning solely online via our Zoom sessions, we blend this with recorded videos that you can watch again and again to deepen your learning. For those training in person, you benefit from the recorded videos as well as live face to face sessions. Either way, each course offers excellent teaching standards and adheres to the Academy's ethos for integrity, strength and focus.

Accompanied by a fully comprehensive manual, guided and taught by Kara Herbert - Yoga Alliance Professional Trainer, with decades of knowledge and experience, you will learn the fundamentals of Yin Yoga – the origins of this practice as well as its specific benefits. There is a strong focus on Yin as a style of yoga, the Meridians and impact on organ health and overall wellbeing in the early part of the course, before we move on to posture clinics, teaching methodology and the effective sequencing of a Yin Yoga class.



Why study with us?

Any yoga teacher training course represents a significant investment of your time and money. We recognise the importance of finding a training school that will enable you to learn safely and teach effectively.

Academy for Yoga Training has met the stringent standards set by Yoga Alliance Professionals so you can feel confident that you will be taught by highly experienced, qualified teachers. What's more, on successful completion of the 40-hour Yin Yoga course, you will be entitled to join Yoga Alliance Professionals and use the Registered Yoga Teacher (RYT) accreditation yourself.



What we ask of our students

At our Academy for Yoga Training, we take a traditional, holistic approach to the ancient discipline of yoga. We ask of ourselves and our students, that we commit to the principles of yoga on and off the mat, living our lives with courage, truth and integrity. The elements of self-reflection and journal-writing that support this approach will be an important part of your learning.

This Yin Yoga 40-Hour course is designed for all students wishing to immerse themselves in a disciplined programme of self-study with commitment and responsibility.

All students applying for the Yin Yoga 40-Hour course should have been studying yoga for a minimum of two years.

Pricing

The course fee is £495 with a non-refundable deposit of £295 payable within 7 days of acceptance on to the course, followed by two payments of £100. Alternative payment plans are also available on request.

The fee includes:

- All training
- Practical sessions and mentoring
- Full course learning platform
- Final course assessment

Not included: additional books and materials from the reading list; re-assessments; student insurance via YAP; physical copy of the course manual; class passes with our sister company Bath Yoga Studio; other expenses associated with accessing our virtual course.

Key Aspects of Study

- Brief History and origins of Yin
- The anatomy of Yin - The Meridian Theory
- Gastro-intestinal health
- Meridian pairs and sequences
- Planning and teaching a Yin class
- Yin postures



Key Outcomes

Students attending the Yin Yoga 40-Hour teacher training course will:

- become knowledgeable about the roots and philosophy of Yin Yoga.
- understand the methodology, physiology and the specific style of Yin Yoga, as well as understanding key anatomical components.
- learn the art of observation and safe adjustment in asanas.
- learn to teach classes based on Yin Yoga sequencing.



Evaluation Procedure

Students are evaluated on an ongoing basis via group discussion based around the required reading list, and a teaching assessment.

For the final assessment, each student is expected to lead the group safely in and out of a given Yin pose, sharing some knowledge learnt during the delivery. Their approach to teaching must take into consideration any hypothetical injuries and contraindications identified in those attending their class.

Accreditation

Academy for Yoga Training has met the stringent requirements set by Yoga Alliance Professionals, demonstrating that our course teaching and content is of the highest standard. As a result of this, our graduates may use the Registered Yoga Teacher (RYT) logo as a sign of quality, when they register themselves with Yoga Alliance Professionals.

Any student whose conduct during the course is deemed inappropriate or incompatible with the principles of yoga and the approach of Academy for Yoga Training, as outlined in this prospectus and in our Code of Conduct, will not be able to take the final assessment, and will not receive a graduation certificate.

Required course reading:


Additional suggested reading:

The Complete Guide to Yin Yoga: The Philosophy and Practice of Yin Yoga by Bernie Clarke

Yin Yoga: Outline of a Quiet Practice by Paul Grilley

Insight Yoga by Sarah Powers





To apply for a place on our next Yin Yoga 40-Hour teacher training course, please [visit our website](#) where you will find the latest online and in-person course dates and a link to the application form.

If you have any questions or would like to discuss your application, please feel free to contact Course Director, Diane Lee. Alternatively, why not visit us and see for yourself what Academy for Yoga Training has to offer?

Contact us:

Email us at: dianeacademyforyogatraining@gmail.com
Or call us on 07946 663464.

Other Information

There are a maximum of 11-15 students on the course.

Yoga Alliance Professionals-registered Yoga Teacher, Kara Herbert, will teach 100% of the course contact hours.

We are proud to offer a quality training experience in a small group environment, and we aim to be flexible in meeting our students' needs and schedule. If you require additional support, please advise us when making your application, or contact us separately to discuss your needs prior to making an application.

Each student joins Yoga Alliance Professionals at the beginning of the course with student insurance, enabling them to teach throughout the learning process.

In accepting a place on an Academy for Yoga Training course, you agree to comply with our Code of Conduct and Terms & Conditions.

Academy for Yoga Training

Bath Yoga Studio
Norfolk Buildings
James Street
West
Bath
BA1 2BT

