



ACADEMY
FOR YOGA TRAINING

INTEGRITY • STRENGTH • FOCUS

Yin Yoga 40-Hour Prospectus

Yin Yoga 40-Hour Teacher Training Course

Join us in our fully equipped studio, in the heart of the beautiful city of Bath, for our 3-day, 40-hour Yin Yoga training course. Primarily aimed at yoga teachers who have already completed their 200-hour training, the course is also suitable for those with an established yoga practice who wish to explore this popular style of yoga.

You will be part of a small group – a maximum of 20 students – coming together to learn how to practice and teach this deceptively simple but effective style of yoga. Through studying both the physical anatomy and the subtle anatomy – the energy flows and meridians that are key to an effective practice – you will leave with a clear understanding of the unique benefits of Yin Yoga for body and mind, and the skills to integrate Yin Yoga into your personal practice and, where relevant, your teaching.



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.



Day 1

- What is Yin Yoga? A brief history and origin
- Yin and Yang Qualities. How can we integrate Yin and Yang?
- What are the benefits of a Yin practice?
- The Meridian Theory
- Organ health in Yin Yoga
- The importance of The Five Elements
- Practices for Gastro-Intestinal Health
- Yin Practice with modifications and use of props

Day 2

- Liver and Gallbladder, along with sequences for these Meridians
- Kidneys and Urinary Bladder, along with sequences for these Meridians
- Spleen and Stomach, along with sequences for these Meridians
- Heart and Lungs, along with sequences for these Meridians
- Small and Large Intestine, along with sequences for these Meridians
- The relationship of the Physical and Emotional Body
- Yin Practice with modifications and use of props

Day 3

- How to sequence a Yin class
- Teaching methodology
- Incorporating Mindfulness and Body Scanning meditations
- The difference between Yin and Restorative Yoga, and integrating the two practices
- Yin practice with modifications and use of props.
- Final assessment

Pricing

The standard course fee is £495, payable within 7 days of acceptance on to the course.

In addition, students are required to take out insurance with [Yoga Alliance Professionals](#) at a cost of £15.


Required pre-course reading

- **The Complete Guide to Yin Yoga: The Philosophy and Practice of Yin Yoga**
Bernie Clarke
- **Yin Yoga: Outline of a Quiet Practice**
Paul Grilley



This course is designed to be interactive and there will be plenty of time for questions and practice.

A part of the 40 hours is pre-course reading and homework.



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 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? You will find details of our next taster day on our website.

Contact Us

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

Other Information

There is a maximum of 20 students on the course.

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.

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
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BA1 2BT

We are a ten-minute walk from Bath Spa train station, or the main bus station.

