



Training Soulful Yin 50h

Presentation

Training 50h certified Yoga Alliance (YACEP)

Dates : November 1 to November 6 2021

This training Includes the Basic Anatomy Module, the Meridian Module and the Yin Yoga Philosophy Module.

Yin Yoga has a profoundly healing effect.

With regular practice of yin and appropriate sequences, it is possible to rebalance major imbalances in the body (allergies, digestive problems, hormones, back problems, mental problems, blood pressure problems, symptoms of anxiety, emotional blockages, lack energy, lack of determination, confidence, anger problems, depression, fears)

Proper practice of yin gives excellent results.

Objectifs

- You will learn how to create a long or short yin class / session for a group, an individual class, or for yourself
- You will learn transition poses and intelligent sequencing methods, taking into account pose families, anatomical guidelines and meridian therapy
- You will be able to work one-on-one with clients with specific needs
- You will learn to create "yin space" (Quality and Energy), so that it can enrich and balance life, and offer it to others
- You will learn to feel new emotions and re-open closed senses.

Programme

- Study the 38 Yin postures (basic poses and variations)
- Understand the effects of Yin poses from a physiological, anatomical, energetic, emotional, mental, therapeutic point of view
- Learn the Basics of Traditional Chinese Medicine (meridians, elements)
- Study fascia theory, 5 elements, meridian theory and applications
- Understand the holistic principles that apply to our health, body and life. Learn to balance the flow of energy in specific meridians to alter the health of specific organs and transform areas of our emotional, mental, practical and physical lives
- Learn to embody the yin quality in our life, open to surrender, receptivity, compassion, calm and acceptance
- Learn your own unique anatomical structure and principles, to approach each skeletal constitution in a unique way (learning adjustments, variations for each body type and each pose)
- Learn about the changes that
- Learn to Use props for every pose and every problem
- Study the Philosophy of Yin Yoga (such as mindfulness and awareness of the breath)
- Learn about organic health, emotional balance, mindfulness and Tantric Buddhism
- Learn to listen to yourself, to recognize your belief systems and how you can change them
- Learn meditation techniques, mantras, breathing practices (Soulbreath) to calm the mind, and rebalance
- Learn to create sequences from yin yoga poses according to your intention, for individual use, and group lessons
- Learn the basics of a Yin-Yang practice, and how to create sequences in this beautifully rebalancing style
- Study the art of teaching yin yoga and the art of yin yoga sequencing
- Understand the role of the teacher, the art of keeping the space for oneself and the students
- Improve teaching skills, contraindications, alternatives to the practice of Yin yoga
- Understand the difference between restorative yoga and yin yoga
- Approach Yin yoga & pregnancy and postnatal period
- Study the basics of Yin-Yang sequencing

Course of the training

MONDAY:

8-10:30 am Introduction to Yin yoga & concept of Yin & Yang (theory)

10: 45-12: 00 Yin-Yang practice

BREAKFAST

14-14.30 Sharing

2:30 p.m. - 4:00 p.m. Introduction to the 5 elements (theory)

16.10-18.00 Practice of the yin water element

6:30 p.m. to 8:00 p.m. Breath and spirit of Yin

(stillness and listening) theory and meditation

TUESDAY :

8-8.45 Meditation (concentration and inclusion, equanimity)

9h00-10h00 Introduction to the element of wood (theory)

10-12h00 Practice of the yin wood element

BREAKFAST

14-16.00 Anatomy of Yin Yoga

Compression, tension, what's stopping me?

4:00 p.m. - 6:00 p.m. Anatomy practice, observe your body and your limits.

18.15-20.00 Emotional balance, Buddhist psychology, theory.

WEDNESDAY :

8-10h Meditation & Theory of Earth Elements

10.-12.00 Practice of the Earth Yin element

BREAKFAST

2:00 p.m. - 3:30 p.m. Taking care of yourself in Yin, bodily connections, needs, use of props in Yin.

Repairman vs Yin

Pregnancy and postnatal & Yin

3:30 p.m. - 4:30 p.m. Theory of the fire element

4:30 p.m. - 6:00 p.m. Yin fire element exercise

18.15-19.15 Mantra circle (fire kirtan)

THURSDAY :

8.00-9.00 Silent meditation with mudras, journaling

9.15-10.15 Theory of metals

10.15-12.00 Convenient Yin Metal Element

BREAKFAST

2:00 p.m. to 3:30 p.m. The role of a yoga teacher

-ethics, energetics, limits, tools, dedication.

3.30 p.m.-6.30 p.m. Analysis of Yin poses

FRIDAY :

8-9.00 Morning meditation and semi-directive self-practice

9.15-12.00 Art of Yin Sequencing

Theory on how to create a sequence, options, elements, targeting, qualities, etc.

Then create a sequence, share a sequence, comment on the sequence.

14.-18h. Sequencing of 5 elements (Chinese clock, organs, seasons,)

+ 5 yin class elements

Theory on how to create a sequence, options, elements, targeting, qualities, etc.

Then create a sequence, share a sequence, comment on the sequence.

SATURDAY

8.00-9.00 Yin-yang class practice

9.15-10.30 Art of teaching Yin yoga, skills to develop, tools to use.

12.30-14.30 Educational course for couple students,

sharing, discussion. Feedback on teaching.

2:45 p.m. - 3:45 p.m. Yin & yang sequencing theory

16.-17.15 Questions and answers and closing ceremony.

The teacher

Kata van Doesselaar EYRT500 , EYRT200 is an experienced Yoga Teacher, breath & massage therapist, healer and coach. She is practicing yoga for 16 years, and teaching yoga for 11 years.

She has been trained in various styles (Iyengar, Ashtanga, Vinyasa) until she found her Maha Teacher Shiva Rea, that she feels the most inspired by.

So Kata's primary style became the Prana Vinyasa Flow Yoga (Krishnamacharya lineage) that Los Angeles based Shiva Rea founded.

The last couple of years Kata became an assistant teacher in Shiva's teacher trainings, that fills her heart with passion and joy. And she is one of the very few teachers in the world who is endorsed to offer Shiva Rea's unique full Prana Vinyasa 200hrs teacher training - supported by Shiva.

Besides her dynamic practice Kata was always enjoying stillness and meditation, so she was in Heaven when she discovered Yin Yoga. Being a very energetic Soul, Kata embraced the Yin yoga with open heart, and allowed the practice of letting go, stillness and surrendering to bring balance into her busy life. Having seen the huge impact that yin yoga did on her she went to study with Sarah Powers and Paul Grilley's senior teachers to learn all of it, so she can transmit the gifts of yin yoga in an authentic and pure way. Kata has been training with her Teachers more then 1000hrs.

After running her own studio in the Netherlands together with her Life & Love Partner Erno van Doesselaar they moved to Ibiza 4 years ago, where they run their own retreats and teacher trainings.

Kata created her own trainings in the last years, such as 200hrs Yin-Yang, Yin Yoga, Advanced Yin, Chakra yin flow, Goddess Vinyasa Flow and Restorative Yoga TT.

She is infusing all her teachings with a soulful, sacred Feminine approach.

She is offering workshops, retreats and teacher trainings internationally. As a mother of two children, and her rich experience of healing, self-healing, her biggest passion is to inspire people to grow into their full potential and find their true Self.

Audience: Anyone with prior knowledge of yoga and a regular practice

Prerequisites:

Be at least 18 years old

Have no medical contraindications

Have previous yoga experience (regular practice for at least one year) and knowledge of the basic principles of Yoga

Teaching aids: Course manual.

Various equipment available: Yoga mats, yoga chairs, blankets, bolsters, bricks, straps.

Total number of hours: 50 hours over 6 days

Yoga Alliance certified training (Yacep)

Cost: 900 euros face-to-face (Early Bird 850 € before 15/09) and 780 euros remote

Place of face-to-face training: M Yoga, 14 bd Jean Jaurès, 92100 Boulogne-Billancourt

Hours: Monday to Friday: 8 a.m. to 5.30 p.m. (or 6 p.m.) with a 1 hour break for lunch.

Saturday from 1 p.m. to 4 p.m.

Maximum group size: 15 people (face-to-face) and 20 people (remote)

In the event of cancellation, the refund will be made under the following conditions:

- 60 days before the start of the training: 80% refund
- From the 31st to the 60th day before the start of the training: 50% refund
- 30 days before the start of the training, no refund will be granted.

COVID: in case of confinement in 92, training will be postponed

N° Organisme : 11 92 23 621 92

Nom Organisme : M-Yoga

Inscriptions : m-yoga.fr ou 01.41.10.90.04

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