



MUDITA YOGA STUDIO
35hr YIN YOGA TEACHER TRAINING



Student Resource Handbook

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ABOUT YIN YOGA

Yin Yoga has the same goals and objectives as any other school of yoga - To balance, harmonise and unify the flow of energy in the body.

Yin yoga however directs the stimulation normally created in the asana portion of the practice deeper than the superficial or muscular tissues (the yang tissues), by targeting the deep connective tissues, such as the fascia, ligaments, bones, and even the joints of the body (the yin tissues).

One of the unique aspects of Yin yoga is its incorporation of the energetic lines of the body, known as meridians from Traditional Chinese Medicine (TCM). These are similar to the concept of the nadis from traditional yoga philosophy.

It is believed that Yin yoga, through holding the postures for a longer time, stimulates the increase of hyaluronic acid in the body and joints, therefore increasing the abundance of pranic energy or Qi, for healing and health.

Yin is a slower and more meditative practice which creates the space for the practitioner to turn inward and tune into both the physical sensations of the body as well as cultivate presence and stillness in the mind.

Suitable for almost all levels of students, Yin Yoga is a perfect complement to the dynamic and muscular (yang) styles of yoga,

HISTORY OF YIN YOGA

Some people, based on the association of the word 'yin' with ancient Chinese medicine, believe that this is a centuries-old yoga style. This is not entirely true; the concept is taken from the ancient practice of Classical Hatha Yoga – where the poses were held from 3 to 10 minutes. Originally Hatha Yoga was utilised by monks who were practising yoga as an austere practice. When teachers like Swami Sivananda introduced Hatha Yoga to 'common' people, they modified the duration to 1-3 minutes to make it accessible for everyone.

In Yin Yoga, only the passive (yin) poses are used.

Yin Yoga emerged in the late 1980s when Paul Grilley saw a presentation by Paulie Zink, a martial arts champion and Taoist Yoga teacher. Paul Grilley was impressed by the flexibility and range of motion of Paulie Zink. Grilley then attended the Taoist Yoga classes of Paulie Zink where he practised holding the poses for long durations of five to ten minutes.

Over time, he started to teach some passive stretching classes to his students. The results were overwhelming as he saw quick improvement in the range of motion of his students. He called these classes Yin Yang Yoga.

A student of Grilley, Sarah Powers, now a leader in yin yoga teaching and co-founder of Insight yoga, pointed out that as he is only teaching passive yin poses, he should call it Yin Yoga. From this moment onward, 'Yin Yoga' started to spread throughout the yoga community.

Over time the practice has evolved to include a deeper understanding of the impact on the Meridian Channels (TCM), Fascia and the Energetic body as understood through ancient Hatha Yoga, Daoism and traditional Chinese medicine.

35hr YIN YOGA TEACHER TRAINING (Registered Yoga Alliance)

ABOUT THE COURSE

At Mudita Yoga Studio our Yin Yoga Teacher Training program is comprehensive, unique and available to both qualified yoga teachers wishing to extend their teaching offerings to include yin classes, and students wanting to build their practice and deepen their experience and knowledge of yin yoga.

The 35 hours training, delivered over two consecutive weekends, will train teachers on how to effectively deliver safe, informed and engaging Yin classes. This is a small group training designed to ensure that all trainees are acknowledged, seen and guided to reach their fullest potential.

The course covers all the relevant areas of teaching including Yin Theory and Philosophy, Anatomy, and Teaching Methodology. In this training we go beyond the physical practice and delve deeply into the energetic side of the practice as understood through Traditional Chinese Medicine philosophy of the Meridians and the Five Elements. We also include valuable learning from the Traditional Yoga perspective of the Chakras, the Subtle Body and Pranayama, which will empower you to take your students on a journey into the esoteric realm with confidence.

This training will also focus on how to teach yin yoga by developing your language skills, an understanding of holding space, knowledge of skeletal variance, the yin tissues and how to work one on one with students to find the right yin yoga shape for their unique body.

AIM OF THE COURSE

The aim of the 35hr training course is to educate and train individuals seeking to enhance their knowledge and practice of Yin Yoga, as well as Yoga teachers wishing to expand their teaching repertoire. Trainees will be guided through the foundations of Yin Yoga to deepen their own personal practice and also equip them with all the necessary skills to teach Yin Yoga in a professional and confident manner to a diverse range of people.

COURSE STRUCTURE

- The syllabus is organized to build knowledge sequentially.
- The Course will consist of four main subjects.
- The course will be delivered part-time over 2 consecutive weekends.
- The course is both practical and theoretical, providing trainees with an understanding of all the important aspects of Yin Yoga.

SUBJECTS AND DESCRIPTIONS:

1. YIN YOGA THEORY
2. ANATOMY
3. YIN YOGA TECHNIQUES
4. TEACHING METHODOLOGY

1. YIN YOGA THEORY

- Origins of Yin Yoga
- Yin and Yang Philosophy
- The principles of Yin Yoga
- The energy Body, Qi and Meridians
- The Yin Meridians
- The Yang Meridians

2. ANATOMY

- Exercising Yin vs Yang tissues in the body
- About Sensation & Pain
- Functional Anatomy and Yin Yoga
- Skeletal Variation and Range of Motion in Joints:
 - The Spine
 - The Pelvis & Hips
 - The Shoulder
 - The Knee and Ankle
 - The Elbow and Wrist

3. YIN YOGA TECHNIQUES

- Meridian & 5 Elements Theory
- Energy & Subtle Body Anatomy
- Chakras
- Pranayama & Meditation Techniques

4. TEACHING METHODOLOGY

- 20 Yin Poses
- The role of the Yin teacher: language, holding space, sensitivity with students.
- Supporting injuries, modifications and the use of props.
- The pre- and post-natal student
- Adjustment & Assisting Guidelines

Sequencing Foundations

- Class Elements
- Creative Sequencing Fundamentals & Guidelines
- Choosing & Arranging Poses
- Integrating Mindfulness

2024 COURSE DATES

Friday	9th & 16th February	5pm – 9pm
Saturday	10th & 17th February	12pm – 6pm
Sunday	11th & 18th February	11am – 5pm

2024 COURSE LOCATION

Mudita Yoga Studio 292A Charman Rd, Cheltenham VIC 3192

COURSE ENTRY REQUIREMENTS:

Although there are no formal entry requirements for this course, it is envisioned that the candidates meet the following criteria:

- Good literacy & numeracy skills.
- A genuine interest in developing as a Yin Yoga practitioner/teacher.
- An interest in health and wellbeing.
- Good interpersonal and communication skills.
- A commitment to personal development and spiritual growth.
- Have a regular (weekly) Yin Yoga practice prior to the course.
- Any pre-existing health issues, injuries and surgeries must be declared on the student application form.

ATTENDANCE:

- 100% attendance is required for the entire course – Sixteen hours each weekend.
- A written review completed to assess how well the course content has been understood. (Will count as non-contact hours)
- Written sequencing assessment to be taken after the course and completed within ten-days. (Will count as non-contact hours)

CERTIFICATION:

If you hold a 200hour teacher training certification, the 35hour Yin Yoga course will certify you to teach Yin Yoga globally.

As a Yoga Alliance Teacher (RYT) this course is accredited towards your Yoga Alliance Continuing Education (CE) requirements.

A copy of your 200-hour certification is required upon application.

If you do not have a 200-hour teaching certificate you will be awarded a ‘certificate of completion.’

*Your certificate will be issued upon completion of assessments and payment of the course.

COURSE FEES:

Mudita Yoga Graduates & Teachers	\$950.00
Pay in full by end January 2024	
Early Bird	\$1150.00
Pay in full by end November 2023	
Full Investment	\$1300.00
Pay in full by end January 2024	

To secure your space a \$200 non-fundable deposit is required.
Payment plan option available.

Your investment in the training includes:

- 50hrs of training and development.
- Comprehensive text book & training manual
- Yin Yoga t-shirt
- Yin Yoga Teacher Certificate.

REFUND POLICY:

Students withdrawing from the course must give one month notice prior to the start date, in writing, and will incur a \$200 administrative fee (non-refundable deposit).

Please note:

All Course Fees are Non-Refundable after 5th February 2024

REGISTRATION AND ENROLMENT POLICY:

- 1) Drop/Send in your completed registration form (found at the end of this handbook)
- 2) To secure your place on the course you will need to pay the initial deposit via the Mudita online booking platform.

MUDITA TEACHER TRAINER

Gina Funke Lead Trainer

Gina Funke is an E-RYT500 accredited Yoga teacher with Yoga Alliance and has been sharing her wisdom of yoga and meditation for over 20 years.

She is the founder and principal teacher of Mudita Yoga Studio, Melbourne, Australia.



Gina has dedicated her life to the study and practice of Yoga and meditation. By studying and practicing with various teachers globally, teaching classes, workshops and trainings, writing, mentoring and service, Gina shares the gifts of her practice, discipleship and life with a wide range of students.

Gina continues to use her years of experience to inspire students, teachers and teacher trainees alike to live up to their best life with a sense of meaningful purpose, playful creativity, committed responsibility, and joyful freedom.

As a teacher, she is dedicated to guide her students through a practice that will connect them to their higher self, restoring the natural state of balance, peace and calm. With regular practice her students will feel physically more comfortable and stronger.

As a mentor she is committed to inspire and lead her mentees to develop a discipleship to their practice and share their understanding of this wisdom authentically and skilfully.

As a Yoga Teacher Trainer, she will assist teachers to acquire the skills, study and understand the knowledge and develop the habits required to be a conduit of the teachings of Yoga.

Gina is skilled in her ability to apply the ancient wisdoms and teachings of Yoga in a fun and contemporary way.

FREQUENTLY ASKED QUESTIONS:

How proficient in Yin Yoga do I need to be to complete the training?

Have a regular (weekly) Yin Yoga practice prior to the course.

Is the training an asana intensive?

No, the training is not a Yoga Intensive. It is designed as a fun and interactive course that is focussed on achieving a holistic knowledge of Yin Yoga and gaining the skills necessary to teach Yin Yoga to others with awareness and understanding.

I want to enrol in the training to develop my own practice rather than teach, is this okay?

Yes, the course is also designed for those who may not wish to be teachers at this stage of their Yoga journey, but would like to deepen their own practice and experience of Yoga.

How many students are enrolled in each training?

This is a small group training designed to ensure that all trainees are acknowledged, seen and guided to reach their fullest potential.

Do I need to complete any homework prior to the start of the training?

Yes, you are required to have a regular (weekly) Yin Yoga practice.

Do I need to follow any ethical guidelines?

Yes, there are some simple guidelines to help create a sattvic (Yogic) environment, conducive to study and learning. Trainees are expected to be cigarette, drug and alcohol free and are asked to maintain silence (where practical) between lectures. We request trainees be mindful that the studio is a place of study and learning and that socialising can be done at a local café. We also ask trainees not to bring food into the studio.

How much time should I expect to spend on homework?

At the end of the training, you are required to submit

1. Written review to assess how well the course content has been understood.
2. Written sequencing assessment.

These will count towards 5 non-contact hours.

What is the Yoga Alliance?

Yoga Alliance is an organization that was started in 1999 as a way to create globally recognized standards for yoga teachers and yoga teacher trainings. Many yoga studios across the world are requiring their teachers to register with Yoga Alliance. Yoga Alliance registration, however, is not a legal requirement for teaching yin yoga. Currently there are no legal certification requirements to be a yoga teacher.

What kind of ongoing support is available after my training?

Post your Yin Yoga Training, Gina Funke offers an individual mentor program to qualified Yoga Teachers to further enhance your teaching skills. Please enquire for further information and guidance.

2024 MUDITA YOGA STUDIO
35hr YIN YOGA TEACHER TRAINING REGISTRATION
FORM

PERSONAL DETAILS:

Name:

Address:

Postcode:

Contact:

Home

Work

Mobile

Email

Date of Birth:

Emergency Contact:

Name

Relationship

Mobile

PLEASE SELECT:

- **200HR CERTIFIED YOGA TEACHER**
Please provide a copy of your certification.
Yoga Alliance Member YES / NO
- **YIN YOGA STUDENT**

PREVIOUS YOGA EXPERIENCE:

Please provide details of previous yin yoga experience

MOTIVATION FOR UNDERTAKING THE COURSE:

Please describe briefly why you would like to undertake this course of study.

SPECIAL NEEDS:

Please advise on any special needs you may have so that we are aware of this and can make any necessary arrangements to meet your needs.

PHYSICAL INJURIES:

Please advise on any physical injuries or limitations that we need to be aware of.

ADDITIONAL INFORMATION:

Please note any other information you would like to provide in support of your application.

DECLARATION:

I acknowledge that I have provided all of the information relevant to my application for registration into the above course. I have read and agree to abide by the course policies and procedures as outlined above.

Signature

Date:

If you need to discuss your application, please contact us on 042 445 7850