



Yin Yoga Teacher Training

with Stephen Byrne

Course Prospectus



theyogaspacespace
ashtanga yoga

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Course Facilitator: Stephen Byrne8



Are you interested in Yin Yoga? Do you want to integrate Yin Yoga into your own practice and classes? This Introductory course will help ground you in the theory and practice of Yin Yoga.

Yin Yoga Teacher Training Module 1

Introduction to Yin Yoga: Theory & Practice

Course Description:

Yin Yoga is a passive and quiet practice, which gently stretches the connective tissue of hips, thighs, pelvis and lower spine. Different from Yang practices, Yin Yoga places emphasis on relaxing the muscles and holding the postures for longer periods of time to encourage a relaxation response within the tough structure of connective tissues. The benefits of this practice include the promotion of deep relaxation, improvement of flexibility and service as a complement to yang forms of exercise. In addition to that, a Yin class environment prepares the body and encourages the cultivation of a still and meditative state of mind.

'It is not muscular strength that gives us the feeling of ease and lightness in the body, it is the flexibility of the joints, of the connective tissue' – Paul Grilley.

In this course you will develop a thorough understanding of fundamental concepts and benefits of Yin Yoga, characteristics of Yin & Yang nature, value of a passive practice, fundamental review of concepts such as elasticity, plasticity, tension, compression and compensation. Through the practice and analysis of different yin yoga postures, which target different areas of the body, the course will provide an understanding of Yin Yoga sequencing and enable you to design and teach specific Yin Yoga sequences.

Learning Outcomes:

- Understand theory and basic concepts behind the practice of Yin Yoga.
- Be introduced to basic anatomy related to Yin Yoga.
- Demonstrate knowledge of the differences between Yin and Yang practices of yoga.
- Appreciate the transformative and subtle values of a contemplative practice.
- Understand the nature of yin practice, yin class environment and incorporate elements of yin yoga into classes.
- Fluency in the fundamental repertoire of Yin Yoga postures.
- Ability to structure a self-practice, beginners and intermediate class sequence based on these fundamental postures.
- Capacity to verbally guide students into postures safely and effectively.
- Understand the importance of relaxation and how this can be progressively taught to students.

Assessment (optional, though required for certification):

Attendance and participation

Provision of Class Plans

Written Assignment on Yin Yoga (~1500 words)

Certification:

Assessment submissions will receive thorough written feedback. The assessment is structured to ensure self-study and test that the learning outcomes have been taken in by the student. Those who complete the workshops and **also the assignments** will receive a certificate of completion.

This module does not qualify you as a yoga teacher. It should be considered a post-graduate training for currently qualified yoga teachers (and trainee teachers) or personal development for yoga students.

Yin Yoga Teacher Training Module 2

Meridian Series & Teaching Yin / Yang

Course Description:

Yin Yoga emphasizes the release in the deeper tissues of the hips, thighs, pelvis and lower spine lending to a sense of passive release. By contrast a yang practice emphasizes the muscles and the circulatory and respiratory systems, leaving one alert and refreshed. Once the body is prepared and energetically balanced through asana practice, the focus turns to achieving steadiness of mind through conscious breath control and meditative awareness.

'Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.'

~Thích Nhất Hạnh

In this course you will develop a deeper understanding of the concepts and benefits of Yin Yoga introduced in Module 1. We will explore the intersection of Yin and Yang Yoga. Then using our understanding of this, work in groups to develop unique Yin-Yang asana sequences. Following this you will be able to design a Yin/ Yang class to suit beginners and intermediate practitioners. In addition, you will develop an introductory understanding of the energetic meridian and chakra systems, as well as practice pranayama and meditation techniques related to Yin Yoga.

Pre requisites:

It is an essential pre-requisite that you have completed the 'Introduction to Yin Yoga Training & Practice (Module 1) prior to attending this training.

If you have participated in other Yin Yoga Teacher Training that covers the Learning Outcomes of Module 1 and can show prior learning please make contact to arrange a place in this Module 2.

Learning Outcomes:

- Understand comprehensive concepts of Yin theory and practice.
- Develop introductory concepts of the Meridian Theory and its application for the practice of Yin Yoga.
- Demonstrate basic knowledge on Meridian Theory, including its physical, energetic and mental qualities and how they underpin the practice of Yin Yoga Meridian Series.
- Understand the core concepts of the chakra system.
- Understand the value of introducing a dynamic flow (Yang) into Yin practices.
- Develop skills to construct a sequence and teach a Yin/ Yang class.
- Appreciate the transformative qualities of pranayama and meditation.

Assessment (optional, though required for certification):

Attendance and participation

Provision of Yin & Yin Yang Class Plans

Written assignment on Meridian Series & Yin/ Yang Yoga (~1500 words).

Certification:

Assessment submissions will receive thorough written feedback. The assessment is structured to ensure self-study and test that the learning outcomes have been taken in by the student. Those who complete the workshops and **also the assignments** will receive a certificate of completion. This module does not qualify you as a yoga teacher. It should be considered a post-graduate training for currently qualified yoga teachers (and trainee teachers) or personal development for yoga students.

Module Costs

\$450 per module

\$800 both modules (When booked & paid before commencing module 1)

The Yoga Space Trainee/Graduate Discounts:

The Yoga Space Current Teacher Trainees:

10% Discount: \$405/module or \$720 both modules.

The Yoga Space Teacher Graduates:

10% Discount: \$405/module or \$720 both modules.

Bookings

Please book with Stephen via email:

E-mail: stephen@yogospace.com.au

Web: www.yogospace.com.au

Phone: 0413 244 217

Places are limited and bookings are confirmed by receipt of payment.

Making Payment

After requesting a place, please make payment within three days.

Payment is via Direct Deposit.

Direct Deposit Details:

Account Name: Stephen N Byrne

BSB: 066-168

Account Number: 010173830

Please use your first initial and surname as identification.

You will be emailed a confirmation of payment. This secures your booking.

A week before the Module starts you should expect a reminder/introduction email regarding the training.

Course Facilitator

Stephen Byrne

Stephen Byrne is a Yin Yoga and Ashtanga Yoga teacher at The Yoga Space. He was introduced to Yin Yoga shortly before becoming a yoga teacher and found it a delightful compliment to his established Ashtanga practice.

Yin Yoga has been a transformative practice for Stephen. It has seen him travel to attend training under Yin Yoga founder Paul Grilley and subsequently return to university to study Physiotherapy. This extensive study has changed his teaching paradigm. Stephen delights in seeing concepts of Yin Yoga renew his students practices whether it be in a strictly Yin environment or any Yang modality.

Stephen was first introduced to yoga at sixteen. He experimented with the practice until becoming grounded in the Ashtanga lineage by his sister Jean Byrne. Having adopted a dedicated Ashtanga practice Stephen began to make trips to the Ashtanga lineage source: Mysore, India. Here he was blessed to practice shortly under Guruji (Shri K. Pattabhi Jois) and Stephens love for the deeper benefits of yoga and the lessons of his teachers became firmly rooted. He has continued to return to Mysore to study under Sharath Jois, paying homage to this living lineage. After some time practicing under Jean Byrne and Rob Schutze, Jean encouraged Stephen to begin teaching. He undertook The Yoga Space – Teacher Training program and began teaching vinyasa yoga in varying forms. During this time Yin Yoga became a respite from travelling from class to class as a full time yoga teacher and Stephen found Yin methods seeping into his teachings.

He sought to formalise his understanding of Yin Yoga and travelled to participate in intensive teacher training with Yin Yoga founder Paul Grilley and his wife Suzee. Here he was immersed in the practice, philosophy and anatomy (western & eastern) of Yin Yoga. Returning home he had a great new perspective on the practice and teaching of Yin Yoga that he was able to share with his students in dedicated Yin Yoga classes both at The Yoga Space and privately.

Through that training immersion, Stephen was enthused to continue his studies into anatomy and therapy and has since been studying Physiotherapy at Curtin University. This study has opened a window of understanding between the interrelationships of western and eastern therapeutic models. In the future Stephen hopes to blend these models in treating both acute and chronic ailments. It is a great privilege for Stephen to share his love of Yin Yoga with students and earnest teachers seeking to inform their own students.