



50/100 Hour Yin Yoga Teacher Training

'We do not use the body to get into a pose – we use the pose to get into our body.'
(Bernie Clark, author of *Yin Yoga*)

AWHI Yoga and Wellbeing's accredited 50/100 hour Yin Yoga Teacher Training (YTT) programme is a comprehensive and thorough journey to becoming a Yin Yoga Teacher. Whether you enrol with a view to teach or as a personal journey towards enhancing your own practice and knowledge, you'll be guided towards a deeper inner-knowing and understanding of all things Yin. Our programme is suitable for anyone looking to learn more about the anatomy, theory and practice of Yin Yoga – haere mai!

Our 100-hour course is broken into two 50-hour modules: **Module 1: Foundations of Yin (50 hours)** and **Module 2: Advanced Yin Teacher Training (50 hours)**. You can enrol for one or both modules, but Module 2 requires at least 20 hours of previous Yin Yoga training (see 'Module 2 Prerequisites' below for more information).

AWHI's Yin YTT programme offers the theory, philosophy, anatomy, teaching and sequencing techniques that will enable you to experience and facilitate the profound physical, mental, emotional and energetic benefits of Yin Yoga. You will learn about the body's subtle energy lines, key poses, sensitive cueing, modifications/intensifications, sequencing basics and how yoga philosophy applies to our practice both on and off the mat. If teaching is your goal, our training programme also prepares you to join the well-rounded, world-class yoga teaching whānau for which AWHI is so widely renowned. Not interested in teaching? That's OK, too! Our training is equally suitable for non-teachers who simply want to learn more about their body, *being* in their body, how to work with meridian lines and other

energetic properties, how to apply yoga philosophy to everyday life... and so much more!

The programme will be co-facilitated by AWHI co-owners [Kathleen Kuehn](#) (E-RYT 200) and [Tom Brotherstone](#) (E-RYT 500), who have both trained in Yin Yoga, meditation, yoga nidra and related modalities. Module 2 will be assisted by additional AWHI staff who have extensive training and expertise in trauma-sensitive and trauma-informed yin yoga.

Our 50/100 hour Yin Yoga training programme is accredited by Yoga Alliance (YAECF) and can be completed for 50 or 100 Continuing Education credit hours with Yoga Alliance.

Full details about each module below.

MODULE 1: Foundations of Yin (50 hours)

Our first module provides the foundational training required to become a qualified Yin Yoga instructor, but is also open to any student who desires to deepen their yoga practice.

The 2022 course consists of two consecutive weekends for a total of six days - Friday-Sunday, Nov 4th-6th & 11th-13th, 8am-6pm and takes place at AWHI Yoga & Wellbeing studio in the Wellington CBD.

Module 1: Foundations of Yin (50 hours) Teacher Training covers:

- Yin Yoga anatomy
- Connective tissue/fascia
- Chakra & Meridian Theories
- Teaching and Sequencing Methods
- Yoga Philosophy

Each day includes a vinyasa and yin yoga practice so that we can begin to explore the different approaches to asana (poses) in our own bodies. The rest of our time together consists of lectures, demonstrations, discussion and practice teaching. There is a 1-hour lunch break every day, and short breaks for morning/afternoon tea.

Module 1 Prerequisites: None

2022 Dates & Location:

Friday - Sunday, 4th-6th November, 8am-6pm

Friday - Sunday, 11th-13th November, 8am-6pm

AWHI Yoga & Wellbeing, Level 2, 15 Johnston Street, Wellington CBD.

Investment: \$1299 or \$1099 early bird rate (if paid in full by 1 October).

Enrolment for Module 1 + 2 (100 hours): \$2499.

Covers all tuition, training materials, unlimited AWHI yoga membership to studio and online platform for duration of Module 1, and certificate of completion.

Payment plans available - please email kathleen@awhiyoga.co.nz to discuss!

Registration & Booking: Please complete the [online registration form](#) and pay the non-refundable deposit of \$500 via bank transfer to reserve your space. Bank transfers can be made to:

AWHI Wellbeing Holdings Ltd

38-9023-0469355-01

Reference: Your name

We can also take [online payments via credit card](#), but please note this incurs a 3% surcharge for each transaction.

Required Text: *The Complete Guide to Yin Yoga: The Philosophy and Practice of Yin Yoga* by Bernie Clark (2019, ISBN 0968766587).

Additional Notes: YTT trainees receive free unlimited membership to AWHI Yoga & Wellbeing through the duration of the Module as part of their enrolment *and* free unlimited access to our platform of [online yoga classes](#).

MODULE 2: Advanced Yin Yoga Teacher Training (50 hours)

Module 2 takes a deeper dive into the energetics, philosophies, science, sequencing, cueing and languaging techniques needed to deliver safe and inclusive yoga classes that speak to ALL bodies, hearts and minds. A majority of the module will take place as an intensive retreat over five days and four nights at the Waihōanga River Retreat Lodge in Ōtaki, followed by two full days (Saturday-Sunday, 9-6pm, which includes a graduation ceremony) at AWHI Yoga & Wellbeing studio.

This module is designed for practitioners or teachers who already have a minimum of 20 hours Yin yoga training. Foundational anatomy, meridian theory and yin poses will not be covered, so students are expected to come with this basic background. Please get in touch with kathleen@awhiyoga.co.nz if you'd like to discuss your existing qualifications in relation to the training.

Module 2: Advanced Yin YTT (50 hours) covers:

- Trauma-informed/Trauma-Sensitive Teaching Approaches
- Meditation & Pranayama
- Yoga Nidra
- Yoga Philosophy
- Class Sequencing and Theming

The primary focus of this module is around how to facilitate trauma-sensitive and trauma-informed yoga classes. We don't always know what past experiences, imprints, patterns or mind/body states students bring with them when they step onto the mat. A trauma-informed approach to yoga enables you to deliver classes that create a safe space for *all* students, empowering them with options that can foster a

sense of agency over their bodies, decisions and yoga practice. You will be introduced to the science, psychology, cueing and languaging techniques needed to deliver a safe and inclusive environment for all. This training has relevance for healing modalities and yoga styles beyond yin, and can be adapted to a wide range of health-related practices and settings. For more information on trauma-informed yoga, [see this article](#).

This module also introduces the theory, philosophy and practice of meditation, pranayama (breathwork) and Yoga Nidra (yogic sleep), providing you with additional tools for your teaching *and* personal self-care *kete*/toolkit. We teach you how to adapt these techniques in group classes *and* other teaching contexts - e.g., private lessons, workshops, courses and so on. Finally, those interested in advancing their teaching will be given the opportunity to lead group classes to other retreatants in an idyllic setting at the Waihōanga River Retreat Lodge.

Module 2 Prerequisites: Minimum 20 hours training in foundations of Yin Yoga (e.g., basic yin yoga anatomy, asana and philosophy). Please email kathleen@awhiyoga.co.nz if unsure about your qualifications.

2022 Dates & Location:

Thursday, 17th November (10am) - Monday, 21st November (2pm)

Waihōanga River Retreat Lodge, Ōtaki

This is a 4-night/5-day overnight retreat, fully catered with nourishing vegetarian food

Saturday & Sunday, 26th - 27th November, 9-6pm

AWHI Yoga & Wellbeing, Level 2, 15 Johnston Street, Wellington CBD

Graduation ceremony is 4pm on Sunday, 27th November

*Some homework and self-study (non-contact hours) will be required for course completion.

Investment: \$1499 (Module 2 only). Module 1 & 2 (100 hours): \$2499

Investment covers all tuition, retreat immersion, full vegetarian catering, shared retreat accommodation, training materials, unlimited AWHI yoga membership to studio and online platform for duration of training, catered graduation and training certificate.

Payment plans available - please email kathleen@awhiyoga.co.nz to discuss!

Registration & Booking: Please complete the [online registration form](#) and pay the non-refundable deposit of \$500 via bank transfer to reserve your space. Bank transfers can be made to:

AWHI Wellbeing Holdings Ltd

38-9023-0469355-01

Reference: Your name

We can also take [online payments via credit card](#), but please note this incurs a 3% surcharge for each transaction.

Required Text: Yoga Nidra by Swami Satyananda Saraswati (ISBN 9788185787121)

Additional Notes: YTT trainees receive free unlimited membership to AWHI Yoga & Wellbeing through the duration of the Module as part of their enrolment *and* free unlimited access to our platform of [online yoga classes](#).

Questions? Please email Kathleen at kathleen@awhiyoga.co.nz



Terms & Conditions (for Modules 1 + 2)

- Deposits are non-refundable.
- No refunds will be made for failure to attend, or failure to complete the teacher training, or for withdrawing from the programme (emergency medical exceptions will be made on a case-by-case basis). Please be sure of your calendar availability before booking this training.
- Students are required to attend each day of training and must complete all 50 module hours in order to receive a certificate of completion. Exceptional circumstances aside, any missed module content will have to be made up with private tutoring incurred at the student's expense.
- Students consent to being included in photographs taken during training, which may be used on AWHI's website, social media and/or other promotional materials. All written reviews may be used for promotional purposes. By registering for this training you fully agree to all waivers and releases. Blanket exceptions to this clause can be made prior to the start of training but not thereafter.
- By voluntarily participating in this training programme and/or utilising the information provided, students assume all risk of injury. Students should consult with their physician before engaging in any exercise or exercise program, and should always use caution when engaging in any physical activity.

"The essence of yin is yielding. Yang is about changing the world; yin accepts the world as it is. Neither is better than the other. There are indeed times when it is appropriate and even necessary to change the world; other times, it is best to just allow things to unfold. Part of the yin practice is learning this yielding."

*(Bernie Clark, author of *The Complete Guide to Yin Yoga*)*