



KARINA SMITH

Yin Yoga & Chinese Medicine

Yin Yoga & Functional Anatomy Teacher Training Level 1

March 20-24th 2024

Think Focus Act studio, Newport

Thank you for your interest in this Yin Yoga and Functional Anatomy Level 1 Teacher Training.

This comprehensive training is available for both already qualified yoga teachers and students of Yin Yoga, wanting to build their skill set and deepen their experience and knowledge of the practice.

The course offers an extensiveness array of content in the areas of *Yin Theory and Philosophy, Anatomy, and Teaching Skills*. This training has a great emphasis on **how to teach yin yoga**, and each day you will be guided through content that is integrated all the way through to practice opportunities, especially in the areas of developing language skills, holding space, understanding skeletal variance and working one on one with students to find the right yin yoga shape for their unique body.

Course Delivery and Dates.

The course is designed as a 5-day intensive comprising of 30 face to face contact hours, with an option to upgrade to a 50-hour certification that includes online course materials to be completed after the face-to-face training.

The 30 hour in-person training will include:

- 1 online zoom room meet and greet on **Friday 15thth March 2024** 6:30 – 7:30pm
- 5 x consecutive face to face days of study:
- Wednesday 20th – Sunday 24th March 2024
- 10:30am – 4:30pm daily
- **Doors will be open from 10:00am for arrival.**

The 50 hour certification will include the above mentioned 5 day intensive, and in addition my comprehensive online Yin Yoga theory courses:

- Yin Yoga Theory
- Teaching Skills for Yin Yoga
- Functional Anatomy for Yin Yoga

50 hour course students will have **Lifetime Access** for all online materials.



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Daily structure.

Each day will start with a yin yoga practice,

followed by Yin Yoga theory, concepts, Anatomy, and Teaching Skills discussion and practice.

Each day will end with teaching each other in pairs or small groups.

There will be multiple breaks throughout each day to digest the learning and have time to integrate.

Course content:

Yin Theory:

- What is Yin Yoga? The History, Intention and Principles.
- Tension vs Compression.
- Target Areas and Yin Tissues: how do yin tissues function and behave?
- What is skeletal variation?
- Sensations in practice: what is safe?
- The importance of the rebound.
- Considering injuries and pregnant students.
- The energy body: How are Chinese Medicine and Yin Yoga related?

Anatomy:

We will cover the Compression points, Variations, and Considerations of all the major synovial joints:

- The Spine
- Hips and Pelvis
- Knees and Ankles
- The Shoulder
- Elbows and Wrists

Teaching Skills:

- The role of the teacher: holding space, less is more, and the power of your words.
- Approaching the student.
- Propping and offering variations
- Creating theme, narratives and concepts for your class.
- Planning a class.
- Small group teaching and receiving feedback



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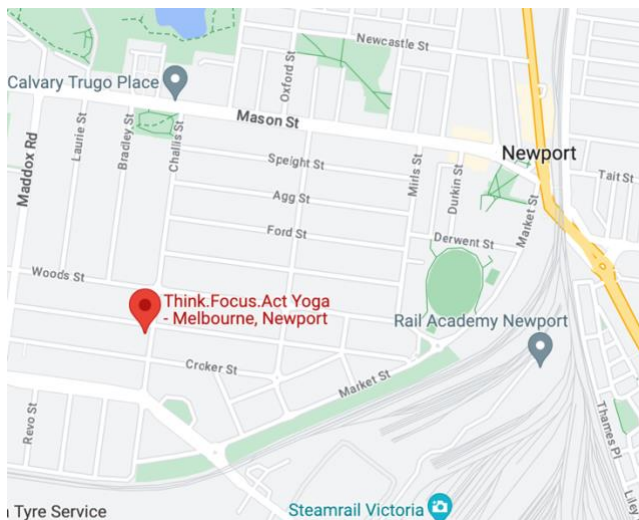
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Accreditation

The training is fully accredited through Yoga Alliance Australia.

If you are a qualified yoga instructor registered with Yoga Alliance Australia, you will be eligible to receive 30 CPD points for the face to face intensive, or become a 50 hour Yin Yoga certified teacher upon completion of the extra 50 hour training components.

Location and Parking.



We will be training together at *Think Focus Act* Yoga Studio.

Address: 33 Challis Street Newport

Closest Train Station: Newport. Approx 10-15 min walk

Please allow ample travel time to arrive each day and find a car park if you are driving as the day will always start at 10:30am sharp!

Course Requirements

- A regular yin yoga practice
- Full attendance of all 5 days of face to face training

Life happens, and unexpected circumstances can arise, and if unexpected obstacles arise for you, I will do my best to work with you if need be. At best, please try and commit to and plan your schedule so that you are available for the course dates.

Suggested Reading:

There will be articles, links and other materials on offer throughout the training. The following are excellent texts to acquire before-hand if you would like some extra preparation:

- "The Complete Guide to Yin Yoga" by Bernie Clark.
A much more detailed book of anatomical concepts and discussion of yin yoga as well as in-depth information of the benefits of each yin posture.



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- “The language of Yin” by Gabrielle Harris.
A beautiful book about language development, sequencing, and developing the artful skills of teaching yin yoga

My background and training

My movement background is primarily that of a dancer. Dance led me to yoga, and I completed my first 350hr TT with AYA in 2010. I followed this up with another 350hr TT in India in 2012. During my time in India, I also spent a month studying at an Ayurvedic College learning diagnostic tools and massage.

I completed half of my Masters in Podiatric Practice at Latrobe University before transferring into a Bachelor of Health Science, Chinese Medicine major in 2015. I completed my Bachelor of Health Science Chinese Medicine major in 2019 and am now a fully qualified acupuncturist and herbalist.

I have been training Yin Yoga teachers since 2018 and have now graduated over 140 students.

My yin training consists of:

- 50hr study with Jen Crescenzo in Melbourne (2015)
- 50hr study with Bernie Clark in Vancouver (2017)
- 50hr of Study with Paul Grilley in California (2018)

I am most interested in how Yin Yoga can provide a healing space for the student as well as a gateway to better understand one’s self, love one’s self, and flourish from a place that is whole and complete.

Investment:

30 hours \$1375

50 hours \$1675

Payment plans available

Contact:

You can register and secure your place in the training by booking online:

<https://www.drkarinasmith.com/yinyogateachertraining>

Email: hello@drkarinasmith.com

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