

January 2022-May 2022

100 Hour Yin Yoga Training

Application (Module 1 of 300 Hour YTT)

This training will be held at Unplug & Be Mindful Yoga on Thursdays 12pm-3pm beginning January 16th on a weekly basis. There will be a 40 hour online anatomy component. Each student will be required to teach 2 community Yin yoga classes. Students will also be required to create a 2 hour workshop presenting any of the themes we have covered in the training.

No class on February 24th

March 26/27- Practice Teaching

May 14/15th -Practicums

Total Cost of Module 1 is \$1200.00 (\$250 is for the anatomy segment). Prior Unplug 200 Hour YTT receives 20% off.

Book: The web that has no weaver

Curriculum

1. Introduction to Traditional Chinese Medicine (TCM)
 - ❖ History of Daoism and TCM
 - ❖ Chi/Ki/Prana
 - ❖ Meridian System
 - ❖ Acupressure Points
 - ❖ Horary Clock
2. 40 Hours Anatomy & Physiology with Leslie Kamonoff Online
3. Overview of the Fascia
4. What is Yin Yoga?
5. Yin Asana's
 - ❖ Using props in Yin
 - ❖ Sequencing for Yin
6. Pranayama for Yin
7. Meditation for Yin

STUDENT INFORMATION

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Full Name	
Address	
City, State, Zip Code	
Email	
Phone	

Emergency Contact	
Phone	
Relationship	

QUESTIONS

- Are you interested in taking this training as a stand alone or part of the 300 hour YTT?
- How did you hear about Unplug & Be Mindful Yoga’s Yin Yoga Teacher Training Program?
- What is the primary reason you are interested in Yoga Teacher Training? (**check all that apply**)
 - Occupation: To Teach Yin Yoga
 - 300 Hour Advanced Yoga Teacher Training
 - Personal Growth
 - Not Sure

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- How long have you been practicing yoga? Do you practice Yin Yoga currently?
- Do you practice pranayama (breath work)?
- Do you practice meditation?
- What style(s) of yoga do you practice?
- Please describe how you found yoga (or yoga found you):
- Is this your first Yin Yoga training ? Have you taken any other yin yoga certification programs?
- How is your physical body? Do you have any medical conditions or have had a recent injury that we need to be aware of?
- Is there anything else that you would like us to know about you?

Thank you for your interest in our Yin Yoga Teacher Training Program and taking the courageous steps to improve your life and the lives of others. Namaste.