

40-Hour Yin Yoga Teacher Training

with Jovan Nikolic (E-RYT 500/YACEP) - Australia

Welcome to the AV108 Yin Yoga Teacher Training Course.

If you want to learn every aspect of Yin Yoga so that you can guide students through gentle and healing Yin Yoga classes, then you're in the right place!

This course is a Yoga Alliance approved Continuing Education Program.

WHAT YOU WILL LEARN:

- What is Yin Yoga
- Benefits of Yin Yoga
- The Principles of Yin Yoga
- The History of Yin Yoga
- Theory of Yin and Yang
- How to Safely Practice Yin Yoga
- Anatomy of Yin Yoga
- The 7 Chakras
- The 12 Meridians
- 30+ Yin Yoga Poses - including step by step instructions, pose variations, benefits, associated chakras and meridians, and contraindications
- Sequencing a Yin Yoga Class
- Yin Yoga for Pregnancy and Older Adults
- Yin Yoga for Knee, Hip, and Lower Back Issues
- Teaching Tips
- Class Environment
- Class Structure
- Safety Considerations

WHAT YOU WILL GET:

- Training Kit Bag
- Yin Yoga Workbook
- Yin Yoga Pose Guide
- Professional Yin Yoga Sequences
- Guided Meditation Scripts

After the completion of this course, you will receive:

- An internationally recognized 40-Hour Continuing Education Certificate
- The skills, tools and knowledge to confidently and safely teach Yin Yoga classes
- Access to the AV108 Yoga School Community of teachers
- Post training support

WHO THIS COURSE IS FOR?

- Beginners through to qualified yoga teachers
- Anybody with an interest in yoga, teaching yoga or yin yoga
- Yoga teachers who would like to expand their skills and knowledge
- Health care professionals who want to provide the therapeutic benefits of Yin Yoga to their clients

REQUIREMENTS:

- There are no requirements, however, some knowledge of yoga would be beneficial
- Basic understanding of English language
- An interest and desire to grow and learn
- Open to ALL levels

It is important to note, that a 200-hour yoga teacher training is NOT a requirement for this course. Also, this course cannot replace a 200-hour yoga teacher training.