



Study Guide

Yin Yoga Teacher Training 2021

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1. Preface

Welcome at Yoga Vidya Rotterdam as a participant of the Yoga Therapy Training. In this study guide you will find all relevant practical information regarding your Training. This study guide will be updated regularly and you can find the most recent version on our website www.yoga-vidya.nl.

We wish you a beautiful journey during the Yoga Therapy Training. May you experience learning, personal growth and (inner) joy!

Namasté!

Your team Yoga Vidya

2. The tradition

The Yoga Vidya association is Europe's leading Training Institute for Yoga Teachers. In 1992 the first Yoga Vidya center was founded in Frankfurt (Germany) by Sukaddev Bretz. This resulted in the largest Yoga Movement in Europe. Sukaddev was a direct disciple and personal assistant of Swami Vishnu-Devananda, a world famous master in Hatha and Raja Yoga. As a direct disciple of Swami Sivananda, one of the greatest yoga masters of the 20th century, Swami Vishnu-Devananda brought Yoga to the West.

Yoga Vidya is recognized as a non-profit organization with the goal of spreading the wisdom (Vidya), exercises and techniques of classical holistic Yoga. All course contributions support the work of the association. Yoga Vidya has four big seminar houses with accommodation facilities (also called Ashrams) in Germany. There are Yoga Vidya Centers in more than 90 cities in Germany, Switzerland, Austria and The Netherlands. In numerous courses and seminars we teach the various aspects of yoga. The Seminar House Yoga Vidya Bad Meinberg is the largest Yoga Teacher education center of Europe.



3. Our mission

We contribute to the world by passing on the knowledge of holistic Yoga.

The teachings of Yoga create healthier and happier communities because people connect to themselves again. Teaching yoga in a modern, non-dogmatic but authentic way is our mission!

4. Content and subjects

During this Yin Yoga teacher Training you will explore Yin Yoga as a quiet Yoga practice in which an exact or aesthetic form plays an insignificant role. With the help of the Asanas, desired target areas are addressed while the muscles remain relaxed. The positions are kept effortlessly, which allows the connective tissue, the myofascial structures of the body, to react and adapt. This creates a deep grounding and relaxation. Restrictions of movement are released and the flow of energy stimulated. Yin Yoga particularly targets the joints and myofascial structures of the pelvis, legs and spine. In this training you will get to know these target areas exactly. You will learn how to instruct the Yin Yoga asanas so that they can work deeply into the desired areas.

All tissues in the body require adequate exercise stimulus in order to stay healthy, grow, or heal. The body acts according to the motto 'Use it or lose it'. The Yoga Vidya basic series ideally combines the elements Yin and Yang into a holistic practice, without us perhaps being aware of it. Yang stands for muscle strengthening, Yin embodies longer holding, slow and gentle stimuli that especially strengthen the joints, ligaments and fascia. In this training you will learn to understand and guide yoga, especially from the Yin aspect.

In addition to the intensive practical part, the practical anatomy will give you a completely new understanding of individuality in asana practice. You will learn to recognize the anatomical differences in your students, which enables you to guide your them more sensitively and individually in their Yoga practice.

The Yin Yoga Teacher training in Rotterdam consists of 2 parts:

During 9 teaching days in Rotterdam a good basis is created.



The second part consists of a 5-day-intensive module at the Yoga Vidya seminar house Bad Meinberg (Germany), where you will deepen your knowledge and where the examination takes place. You will practice Yin Yoga daily, study the theory and teaching techniques. You will also practice meditation and mantra chanting daily.

- Basics of Yin Yoga: Yin in the Yoga Vidya basic series / practice, training methods, Yin & Yang theory
- The functional approach in the Yoga practice: 3 levels of functional analysis, 14 skeletal segments, 10 muscle groups
- Skeletal variations
- The role of compression, tension and proportions in asana in Yin Yoga
- The 7 archetypical Asanas and their variations
- The target zones in Yin Yoga
- Teaching Yin Yoga in groups and in individual setting (Assisted Yin)
- Fascia, energy theory, Yin Yoga & Meridians, Rebound, the regenerative effect of Yin Yoga
- Possible structure and sequencing of various Yin Yoga classes
- Exam: Creating an example lesson with an introductory lecture: 'What is Yin Yoga?'

5. Target group & level, Requirements

The Yin Yoga Teacher Training course is suitable for certified Yoga Teachers of all ages with a minimum of 200 education hours who would like to deepen their understanding of Yin Yoga with the possibility of teaching it to others. Students of the 2-year Yoga Vidya Teacher Training may apply after the first 6 months of the TTC.

At least 1 year of regular practice or teaching experience is required.

There has to be already a good understanding of the basic Yoga philosophy and the desire to further develop ones personality and spirituality. An open mindset and the willingness to learn, share and grow are required. The willingness to honestly choose a healthy lifestyle is required. During the Training modules and the intensive week



it is necessary to abstain from alcohol, tobacco, drugs, meat & fish.

Preferably this lifestyle is lived during the whole length of the training.

Each day you will have to set aside 30-90 minutes for your personal practice to integrate what you have learned.

Please contact us by mail or phone in case you have doubts if the training is suitable for you.

In order to sign up for the Yin Yoga Teacher Training you need:

1. A Yoga Teacher Training certificate of minimum 200 hours or 6 months education during the 2-year Yoga Vidya Teacher Training
2. At least one year of personal Yoga practice and/or Yoga teaching experience

6. Goal

Becoming a knowledgeable Yin Yoga Teacher. Deepening the understanding of Yoga, especially the Yin side. Growing on the personal & spiritual level.

The benefit of following a longer training is that you will get in contact with the Teachings, your Teachers and fellow students on a regular basis. Therefore you will get the opportunity to learn and grow in your own pace and already integrate it into your Yoga practice and teaching routine.

7. Costs

We offer 4 different prices depending on the choice of accommodation during the intensive week in Germany. The dormitory counts 6-12 beds. The single room has its own bathroom. The spread monthly payment will be deducted partly by Yoga Vidya Germany & Yoga Vidya Rotterdam in 6 instalments.

- **Option 1:**

Payment in of the total amount before 1st of September 2021

€ 1.284 | dormitory or tent

€ 1.350 | 4-bedroom

€ 1.434 | 2-bedroom

€ 1.524 | single room



- **Option 2:**
Payment in 6 instalments starting 1st of September 2021
€ 214 | dormitory or tent
€ 225 | 4-bedroom
€ 239 | 2-bedroom
€ 254 | single room

Note: €5 Administration costs will be added to each month, when choosing payment in 6 instalments.

The fee includes:

- All Training course lessons during 6 months
- Extensive Yin Yoga Training Manual
- Accommodation and organic, vegetarian/vegan meals during the 5-day-intensive in Germany
- Examination
- Certificate when completed the training

*The course fees are tax deductible in the Netherlands. You can declare the full study costs including the extra costs of books at the tax authority. For more information on the requirements contact the 'Belastingdienst' or Tax authority of your country.

Additional costs:

- Travel expenses to Germany, Bad Meinberg, approximately €50,-
- Accommodation in Rotterdam is NOT included in the training fee. We can assist you in finding an affordable place if needed.

Registration fee

- €60 | Early Bird before 1st of August 2021
- €120 | before 1st of September 2021

Including a personal intake conversation with Yoga Vidya Rotterdam & Angélique Boset via phone/zoom or personally.



8. Course material

You will receive a comprehensive Yin Yoga Teacher Training manual, which will be of your own belonging.

9. Exemption policy

The training has to be followed in its complete form with its complete content. Other courses or classes have no effect on this training.

10. Study load

- You will have 140 study units of 45 minutes (105 hours) spread over 6 months.
- Additional personal practice and study of 30 – 90 minutes daily.

11. Certificate / Exam

The association Yoga Vidya e.V. is the largest European training institute for Yoga Teachers. After completing the attendance and passing the exam, you will receive the 'Yin Yoga Teacher' certificate from the German Yoga Association (BYV). The certification consists of 140 units (of 45 min) or 105 hours. The certificate is also recognized by the Yoga Alliance with 100-hour continuing education for Yoga Teachers.

Exam

The association Yoga Vidya e.V. coordinates the examinations.

The exam will take place in Bad Meinberg (Germany) during the 5-day-intensive.

Second chance possibilities

You will receive the result on the same day. In case of a negative result, you may do your practical exam again one year later. This involves additional expenses.

12. Catch up regulations

Prerequisite for admission to the exam is a presence of all 9 training days and full attendance of the 5-day-intensive.



Training days at Yoga Vidya Rotterdam

- Catching up on classes is only possible with the main Training Teacher's agreement. Always stay in open communication with Yoga Vidya Rotterdam and your Teachers.
- You may catch up on classes by following suitable Yoga workshops at Yoga Vidya Rotterdam or at our Yoga Vidya partner Ashrams in Germany.
- We highly advise you to keep all Training days free of other appointments. In case something unforeseen happens (f.i. a disease), we will try to find a solution together.
- Additional to catching up on the hours, when missed classes, you will need to do home study on the covered topic. Please contact and ask your fellow students.
- If too much content is missed, the Yin Yoga Teachers' certificate cannot be guaranteed.

5-day-Intensive in Germany

- To arrive later or to depart earlier is not possible. You will have to be present in Germany during the whole 5-day-seminar. Strive for being present during all classes in order to undergo the full experience of the intensive practice.
- Please take the date in account and make sure that you are fully present during the 5-day-intensive.

The dates of the Training days and 5-day-intensive can be found on our website and will also be announced in the welcome e-mail which you will receive once you have signed up for the Yin Yoga Teacher Training.

13. Teachers

Head Training Teacher: Angélique Boset

Most classes will be lead by Angélique Boset. In case of longer disease or inability to teach, a teacher with similar qualifications will be scheduled.



Additional teachers

- During the training days in Rotterdam as well as during the 5-day-intensive, additional experienced Teachers will be teaching Yoga classes, Meditation & Mantra singing and lectures. Angélique Boset will remain your main teachers in Germany was well.

14. Requirements & Conditions

- Certified Yoga Teachers with a Yoga Teacher Training of a minimum of 200 hours may apply for this Yin Yoga Training. Students of the 2-year Yoga Vidya Teacher Training may apply after the first 6 months of the TTC.
- At least 1 year of regular practice or teaching experience is required.
- Regular participation in the training lessons and the desire to develop yourself are assumed.
- During the training modules and the intensive week, you have to abstain from using drugs, alcohol, tobacco, meat and fish. Also during the rest of the training we advise you to keep up a pure Yogic lifestyle.
- The training will be given entirely in English and the literature is in English too. It is therefore necessary that you are familiar with the English language.
- Prerequisite for admission to the exam is a full attendance of the 9 training days and the 5-day intensive, including the morning and evening meditation, mantra singing, yoga classes and daily 45 minutes of help (seva / karma yoga) with the work in the seminar house.

Find our full terms and conditions on
www.yoga-vidya.nl/algemene-voorwaarden/

We wish you a wonderful Yin Yoga Teacher Training!

Namasté! _^_