



SomaPsych is honoured to offer this
**100HR Trauma-Informed Yin Yoga Teacher
Training Training**
Online

Online | March 04th - April 27th

info@somapsych.org | www.somapsych.org | [@soma.psych](https://www.instagram.com/soma.psych)

Training Dates & Locations, 2024

Online, Live

4th March - April 27th, 2024 | NZT.

To find your timezone click [HERE](#)

***All times are based on Auckland Time (NZT)*

[Register Here](#)

Who is This Training For?

**The below list offers an insight into previous students' professions. However the list is not limited to the professions that this training is suitable for.*

Yoga Practitioners looking to develop their personal practice

Individuals that are new to the practice of yin yoga.

Yoga Therapist/ Yoga Teacher

Social workers

Mental Health or Pastoral Counselors

Physicians (MD, DO, ND, DC & others) & Physician Assistants

Educator

Emergency Medical Personnel

Movement Therapists

Complementary & Alternative Medicine Professional

Other Wellness Professionals

Human Resource Manager & Business Owners

Training Schedule

This training is held online for the duration of 8 weeks. Each week you will be sent an asana recording to self-practice. Each week you will need to set the time aside for this asana practice and studying the module content.

Every 2 weeks there will be an embodiment workshop where you will explore embodiment practices, and self discovery transformative concepts rooted in the energy and philosophy of yin. As well as open discussion about the practice and how this practice is a form of social justice for self, others, and our wider communities.

Every 2 weeks you will have a **LIVE** community call. The intention of this community call is to create a place where all students can come together to explore any and all topics that are alive for them throughout the training.

Please note that the embodiment workshop and community call will run on alternate weeks.

Live schedule

Community Call

Monday 4th March, 7-8pm NZDT

Monday 18th March, 7-8pm NZDT

Monday 1st April, 7-8pm NZDT

Monday 15th April, 7-8pm NZST

To find your timezone click [HERE](#)

***All times are based on Auckland Time (NZT)*

***please pay attention to Daylight Savings Time and any changes in your region along the way*

Certificate of Completion

In order to earn a Certificate of Completion, participants must be present for all live community calls and submit homework in a timely manor. These guidelines for completion are to ensure that we are building a safe and robust community during this transformational learning experience.

Training Content

SomaPsych approaches yin yoga with the intention of helping to regulate, balance and restore one's nervous system. The essence of yin is slow, passive, yielding and introspective. By using the guiding principles of yin and weaving in somatic tools to help support one's nervous system, this method creates space for people to explore their own practice from the inside out and learn practical tools they can take off the mat and into life for a more calm and balanced approach the demands of today's world. Yin by nature is restorative, we take that to heart and know that each person's practice and experience are unique and their own best guide. We incorporate a mental wellbeing perspective that centres invitation, choice, and curiosity so each person can explore in a truly empowered way.

Welcome to Yin Yoga, a slow and passive practice that allows for deep connection and exploration. It is steady and reflective. It is the energy with

which we approach our Yin Yoga practice. Our aim is to target the deeper more yin tissues within the body, the connective tissues, ligaments, tendons and joints. We do this through long, still holds of varying asanas that target different parts of the physical and energetic body. The body and mind are challenged in a multitude of ways helping us to not only reap the physiological and anatomical benefits but also to cultivate more mindfulness and mental health benefits both on and off the mat.

Why Yin Yoga?

In a fast-paced world, the practice of yin yoga offers space to truly slow down and find stillness. Yin is the yielding, allowing part of life where we are able to tune into the subtleties of the present moment and choose to respond rather than react. The body and mind are challenged in a multitude of ways helping us not only reap the physiological and anatomical benefits but also cultivate more mindfulness and mental health benefits both on and off the mat.

Why Trauma-Informed?

The body holds trauma to different degrees and complexities. As a teacher, you are creating space for individuals to explore and connect with their breath, body and mind. Therefore it is important to be sure we are able to hold students in the wholeness of their experience, understand what may be happening for them on a physiological and neurological level, without needing to alter or change their experience. We are here to bear witness, allow, and hold space for transformation in their own time and way.

This is for practitioners, facilitators, teachers, the curious,
and everyone in between.

What you can expect from the training:

- A deep understanding of yin yoga
- A look into the art of teaching Yin, and an upgraded self-practice
- A strong foundation in the anatomy for safe yin postures
- An in-depth look at this modern style of yoga that works with the physical, energetic, mental and emotional dimensions of the body
- Multiple tools to facilitate a practice that considers mental health and wellness
- Accessible breath and meditation technique
- A 100-Hour YACEP Certification (we are a Yoga Alliance Continuing Educational Provider!)
- 2 manuals that cover both modules
- Time with a knowledgeable and qualified teacher, and a supportive, like-minded community of students

Upon Completing The Training You Will Be Able To:

- Broaden your teaching expertise with knowledge from an anatomical, neurological, mental health and yin perspective
- Embody the energy of yin on and off the mat
- Incorporate techniques into and advance teaching and self-practice
- Have a strong foundational understanding of Mindful Facilitation in Yin Yoga with the addition of trauma-informed ways of teaching for the general public
- Offer your students a new style of yoga that complements and balances other practices and daily life
- Confidently offer your students a practice that works with the physical,

energetic, mental and emotional layers of the body

- Have tools to cultivate and facilitate a powerful and informed practice that compliments a well-rounded and integrative approach to health and wellness
- Understand the intricacies of yogic philosophy and discover how this practice is a form of social justice for self, others, and our wider communities
- Receive a 100-Hour YACEP Certification (Yoga Alliance Continuing Education Provider)

“In Yin Yoga, we come to an edge in a pose and become still. While we hold the pose, we go within. We start to notice what is going on in life, right here, right now - without adding any drama, without taking anything away from the experience. With clarity, we see what is really needed, beyond cravings and aversions that normally move us. We are now free to create a new response, and over time build new paths to follow” - Bernie Clark

Training Modules

The training is broken down into two modules

Module 1

Anatomy 50 Hrs - **Anatomy for Yoga**

Bioindividual approach to yin yoga

Yin and yang asana practice

Functional breakdown of muscle groups in relation to Yin

Skeletal, muscular, fascial system studies

How tension and compression can impact your yoga practice

Mindfully facilitating yin yoga in a safe, accessible way for all

Cueing and sequencing workshops

Power of props and an intricate breakdown of each asana

Mind-body connection and Embodiment workshop

Module 2

Nervous System 50 Hrs - **Your Brain on Yin**

Mental and emotional approach to yin yoga

Nervous system

Mindfulness theory and workshops

Neuroplasticity, our thoughts, and emotions

Yogic philosophy and social change

Types of stress and trauma

Trauma-informed ways of approaching classes

Appropriate language and communication

Scope of practice and teaching responsibly

Group work and study time

Pricing

Equity In Investment - Choosing Your Tier

We are committed to offering trainings, mentorships and opportunities that are of the highest quality, affordable and accessible while striving to keep equity and mutual exchange at the soul of how we serve. We offer tiered pricing as we recognise that we live in systems of inequity and believe this is a way to find some more balance within this.

We find that the deepest engagement and greatest benefit comes when there is a meaningful mutual exchange. There is an invitation to reflect on your access to resources and privilege, the value of this work, what you can genuinely afford, and what you might pay for comparable training programs. By committing to what is truly within your means you make it possible for others to show up within theirs and we are all grateful for this.

Find out more about [tiered pricing](#).

All prices are in New Zealand Dollars (NZD)

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TIER 1: \$1475 – For those who are financially well-resourced. Reflects the value of the course in Western economic markets.

TIER 2: \$1275 – For those on medium incomes and access to financial resources.

TIER 3: \$975 – For those on low incomes, caring responsibilities and from marginalized communities.

Upon receiving your deposit or full payment, you will receive your **welcome email** with all further details and receipt of payment.

Finance Policy

By purchasing this training, you agree to these terms and conditions regarding refunds and payments. [View finance policy here.](#)

Registration

Online, Live

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Email info@somapsych.org for queries or visit

Training Facilitator



Amanda Hanna

TCTSY-F, E-RYT, YACEP

Certified Mindfulness &

Meditation Teacher Trainer,

Certified Holistic Nutritionist

BA Psych Honours Student

Amanda holds over 1000 hours in Yoga, Anatomy & Physiology Trainings as well as extensive training and experience in holistic nutrition, meditation, mindfulness neuroscience, and energetics allowing her to develop a style unique to her. She is a registered Psychology student and holds regular Yin Yoga Teacher Trainings with a large focus on trauma-informed facilitation, neuroscience and mindfulness. Amanda holds over 500 hours in trauma-informed trainings, including social justice and inclusivity.

“There is no other space I know of that asks us to sacredly and vulnerably hold the physical, psychological, emotional, physiological and spiritual experience of another human. It is our duty to do so with knowledge and science alongside compassion and heart. This training brings all of these elements together to help facilitators think critically and creatively in every moment and be responsive to the needs of each and every human they walk alongside.”

I look forward to working alongside you,

Amanda Hanna

info@somapsych.org | www.somapsych.org | Instagram; [soma.psych](https://www.instagram.com/soma.psych)

