

SOMA*Psych*

SomaPsych is honoured to offer this
100HR Trauma-Informed Yin Yoga Teacher Training in
Dunedin, New Zealand July 6- 16, 2024

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

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 not only reap the physiological and anatomical benefits but also cultivate more mindfulness and mental health benefits both on and off the mat.

What does it mean to be Trauma-Informed?

Trauma-informed means knowing, understanding, and honouring the fact that stress and the gradient of trauma impact every single person to some degree, either firsthand or vicariously. It means that we respect our role as a space holder and allow people to experience their practice in their own time and way with no alternative healing agenda. We trust that the process is not linear, it is not a one-size-fits-all, it is beautifully and powerfully unique to each person and we are simply here to walk alongside them on their journey.

Why is Trauma-Informed facilitation important in Yin Yoga?

In yin yoga, we ask people to come to their edge of comfort, find a sense of stillness, and hold for a length of time. This is a challenge for many people. Add the layers and nuances of stress and trauma and now there are so many more considerations to take into account. The quiet depths of yin yoga hold vulnerable potential for triggered experiences, challenging emotions, and so much more. It is our sacred duty as teachers and practitioners to know about, deeply understand, and honour these lived experiences and the potential they hold.

The arousal energy and experience of stress and trauma reside in the tissues of the physical body. Nervous tissue and fascial memory hold the residue of these experiences. Memories or behaviours can be triggered through language, scent, touch, atmosphere, music, and so much more. It is our ethical responsibility to know and understand how to create safe(r) spaces and environments for people to explore their practice in their own time and way.

How does this training equip you to facilitate Trauma-Informed Yin Yoga?

By learning the science behind stress and trauma's impact on the mind and body, we can begin to explore how to build a resilient foundation for restoring, supporting, and nourishing the nervous system through practices like yin yoga.

We explore techniques, models and frameworks like invitational and interoceptive language, art of sequencing, holding braver spaces, verbal and visual cueing, and much more to help keep the power in the participants' hands. We learn about the different manifestations of coping mechanisms and not only how they may present in a yoga class but how to hold space for them - not dismantle and destabilize them but how to build a foundation to introduce new mechanisms in a safe and steady way.

What you can expect from the training:

- A deep understanding of yin yoga and making it accessible for all
- A look into the art of teaching and an upgraded self-practice
- A strong anatomy foundation for safety, inclusivity, and thoughtful variations
- 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, trauma-informed approaches, and overall wellbeing
- Accessible breath and meditation techniques
- A 100-Hour YACEP Certification (we are a Yoga Alliance Continuing Educational Provider!)
- An in-depth manual that covers all topics for future reference
- Tea & coffee offered daily, breakfast and lunch not included
- Time with knowledgeable and qualified teachers, and a supportive, like-minded community of yoga practitioners
- Space to reflect and learn in a lush, comfortable studio

Your Day

Wake up to yin yoga in the morning to gently guide you into the flow of the day. Morning theory classes will intricately break down the components, principles, and aspects of yin yoga, functional anatomy, mindfulness neuroscience and so much more! Lunch breaks up the day and is followed with the art of mindfully facilitating through interactive sessions that keeps your development growing and evolving. Evening asana and other practices close the day to keep your body and mind balanced. This training takes you beyond just asana and teaching yoga, it is a deep dive into who you are and your sacred responsibility as a facilitator in any and all spaces and interactions.

Approximate Daily Schedule *subject to change

7.00-8.30a	Morning Yin Practice
8.30-9.15a	Breakfast Break
9.15-12.15p	Theory
12.15-1.15p	Lunch Break
1.15-4.15p	Mindful Facilitation / Workshop / Clinic
4.15-4.30p	Break
4.30-5.30p	Evening Practice

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

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 holds space for and is responsive to the physical, energetic, mental and emotional layers of the body in a trauma-informed way
- 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)

Training Modules: The training is broken down into two modules

Module 1

Functional Anatomy 50 Hrs - Anatomy for Every Body

- Learn a bio-individual approach to yin yoga to ensure all bodies are welcome and cared for.
- Experience daily yin and yang asana practice to deepen your visceral and embodied understanding of this practice
- Functionally breakdown muscle groups in relation to yin, ensuring you walk away knowing what shapes target which aspect of the body and can powerfully offer unique variations and modifications for every Body
- Develop an intricate understanding of the physical component of yin through skeletal, muscular, and fascial systems studies
- Understand the impact of tension and compression and learn how to make sequences more accessible, informed, and safe for all
- Mindfully and powerfully facilitating yin yoga in a safe, accessible way for all through Art of Facilitation workshops
- Learn the art and power of verbal and visual cueing to allow people to experience the practice from the inside out
- Sequencing workshops that unpack the science behind crafting and delivering empowering and transformative classes
- Explore the power of props and how to work with them
- Asana labs create space for an intricate breakdown of each asana so you walk away a vessel for creative solutions and full of variations and modifications
- Take a deeper, evidence-based look at the mind-body connection and how we can work with all of the levels and layers of our being in a safe, trauma-informed way

Module 2

Nervous System 50 Hrs - Your Brain on Yin

- Explore, from a scientific and evidence-based approach, the mental and emotional aspects of yin yoga and how to create a safe(r) container for every individuals' experience
- Take a deeper look at the nervous system to understand how stress and trauma influence and impact people as well as how yin yoga can be a transformative and restorative practice
- A psychological and philosophical look at mindfulness theory and how to powerfully incorporate this into your own practice as well as the classes you deliver
- Unpack the magic of neuroplasticity, our thoughts, and emotions to better understand how we can hold space for our own experiences and those of others
- Embody yogic philosophy and social change through an exploration of how we can work with these concepts in our everyday lives
- Look at the various types of stress and trauma and the underpinning theories that help us work with and integrate these experiences in a safer, more contained, and restorative way
- Learn how to take a trauma-informed approach to your own practice and offerings in a general yoga studio
- Build a toolkit of appropriate language and communication during all elements of your experience as a yoga teacher
- Develop a deeper appreciation and respect for your scope of practice as a yin yoga teacher and explore the sacred responsibilities you hold
- Plenty of time for group work, collaboration, discussion, and study time to not only foster community and a deepening of your understanding but to help unpack what this practice truly means to you

**There is 1 day off between Module 1 and Module 2 to allow and encourage integration and self-care throughout this exploration*

Venue

This training runs at the lush studio and classroom space at [AYU Dunedin](#). Find AYU at 7 Crawford Street, on the ground floor. This studio is located right in the hip Warehouse District, surrounded by parks, water views and stellar cafes. Metered street parking is available.

Food and accommodation

Each individual is responsible for providing their own food and accommodation for this training to allow you to find options that best suit your needs, and to keep the cost of this training as low and accessible as possible. We will provide tea, coffee and light refreshments throughout the training. There are many hostel and air bnb options available in Dunedin accessible to the studio via walking, driving or public transport options.

Investment & Payment Plans

Fee: \$1507.50 for the full 100 hours

A non-refundable deposit of \$600 is required to secure your spot with payment plan options available to best suit you e.g. weekly, bi-weekly or monthly payments with full payment completed by the certification date of your training. Payment plans are a binding contract between you and SomaPsych. If payments are not kept up-to-date, you may lose access to your course until payments are back on track. Email Esther at info@somapsych.org for registration with details of your payment tier, and instalment choice for your plan.

Upon receiving the deposit or full payment you will receive a full **Welcome Email** with all further details and receipt of payment.

Bookings should be made through SomaPsych

info@somapsych.org for queries or visit

<https://www.somapsych.org/yin-yoga-teacher-training> for registration.

Be Well & Live Loud. ♡

See you on the mat soon!