

Y O G A 



50 HOUR OPEN LEVEL YIN YOGA TEACHER TRAINING

YIN YOGA - CHINESE MEDICINE - MINDFULNESS - ANATOMY

WITH HUGH LEE



DATE

21st JUNE - 30th JUNE 2019

LOCATION

YOGA 213 LEVEL 1, 97 SWAN ST RICHMOND VICTORIA

CONTACT HOURS

MON TO FRI 11am - 4.30pm SAT 12pm - 5.30pm SUN 12pm - 3.30pm

COST

EARLY BIRD SPECIAL: \$1,299 *WHEN PAID IN FULL ON OR BEFORE 21st APRIL 2019*

FULL PRICE: \$1,499

FINAL PAYMENT DUE: 24th MAY 2019

NON-REFUNDABLE DEPOSIT: \$500. PAID WHEN YOU APPLY FOR THE COURSE

ATTENDANCE POLICY

YOU MUST BE PRESENT FOR ALL TUITION CLASSES TO RECEIVE YOUR 50 HOUR YTT CERTIFICATE.

CANCELLATION POLICY

Cancellations can be made 4 weeks prior to the course commencement date and no later otherwise you will forfeit all monies paid outside of your \$500 deposit money which is **non refundable**. If serious illness occurs inside 4 weeks prior to the course commencement date, **a 50% cancellation fee applies. All other cancellations will be non refundable.**

PLACES ARE LIMITED. CLICK [HERE](#) TO SIGN UP NOW OR EMAIL TAYLOR@YOGA213.COM.AU WITH ANY QUESTIONS.



ABOUT



This holistic Yin Yoga teacher training course, merging Chinese Medicine, mindfulness and yoga is open to everybody.

No pre-requisites are required and you don't need to be a yoga teacher or an experienced yogi to participate. All we ask is that you show up with a sincere and willing interest to learn.

Hugh's style of teaching is interactive with a hands-on approach. Expect creative activities, discussions and group tasks which are relevant, healing and nourishing for the mind, body and soul. Hugh will be joined by Chinese Medicine doctor, Becky Andrews, from Cloud Gate Therapeutics who will lead a workshop during the training.



COURSE OVERVIEW

COURSE CONTENT COVERED

THEORY + PRACTICE OF YIN YOGA

Learn why and how to practice Yin Yoga.

YIN AND YANG DIFFERENCES

Understand the concept and importance of balancing Yin/Yang.

HOW YIN YOGA WAS DEVELOPED

Learn the origins of Yin Yoga and how it grew/evolved.

BASIC YIN YOGA ASANAS

Study in detail the physical, mental and energetic benefits of each Yin Yoga posture.

HOW TO USE PROPS IN YIN YOGA

Gain knowledge in many different ways props can be used to suit individual needs.

HOW TO DEVELOP A HOME YIN YOGA PRACTICE that helps to nourish, replenish, rejuvenate and heal.

COURSE PRICE INCLUDES

Yin Yoga Teacher Training manual.

Membership to Yoga 213 for the duration of the training.

***PLEASE NOTE:** Course price does not include Yin Yoga textbooks.

COURSE MODULES



ANATOMY

- Learn basic yoga anatomy in fun and practical ways.
- Discover the differences between muscular tension (muscle tightness) and skeletal compression (bone hitting bone). Learn the importance of understanding these differences in your own Yoga practice and in teaching students
- Understand the differences between function and aesthetics of poses



MINDFULNESS MEDITATION

- Learn and experience meditative mindfulness approaches to Yin Yoga.
- Discover the benefits and relevance of practicing Mindfulness Meditation.



CHINESE MEDICINE + YIN YOGA

- Learn fundamentals of Chinese Medicine and how it relates to Yin Yoga.
- Learn about the relationship between fascial tissues and meridians.
- Explore the relationship between meridians/ organs and emotions.
- Discover how the Chinese Medicine meridian approach to Yin can help bring healing and balance on physical, mental, emotional and spiritual levels.



TEACHING YIN YOGA

- Learn safe modifications and variations for students: become skilled at creating modifications for students with special needs, injured and pregnancy.
- Learn the art of sequencing that is purposeful and formulate relevant class themes.

TEACHING TEAM



HUGH LEE

YIN YOGA TEACHER TRAINING FACILITATOR



Hugh first discovered the gift of Yoga in 2002 and has been a devoted student ever since. Hugh is a graduate of the Advanced Diploma of Yoga Teaching, a 2-year course founded by Leigh Blashki, Melbourne. He began teaching in 2008, assisting and co-teaching with his mentor Andrew Mournhis on Yoga retreats in India, Bali and Australia. In 2013, Hugh trained in Yin Yoga with Paul and Suzee Grilley (100 hours level one) and in 2015 trained with Sarah Powers "Insight Yoga" Yin Teacher Training 60 hours.

Hugh came to Yoga and meditation to find tools for healing after years of suffering depression and anxiety. **He has found Yin Yoga to be immensely healing and nourishing.** He facilitates Yin workshops, retreats and Yin Yoga teacher trainings.

Hugh is now one of Melbourne's leading Yin Yoga teacher trainers and has held yoga teacher training courses at Yoga 213 since 2015.



WORDS FROM PAST STUDENTS



"It is one of the most unique trainings I have attended.

I really enjoyed the focus on Chinese Medicine and mindfulness. Thank you Hugh for selflessly sharing your knowledge, experiences, and authenticity. You have inspired me to pursue my yoga journey with authenticity and further curiosity!"

- JENNIFER TANG

"WOW! What an amazing training. Hugh's teaching style is relaxed, informative and fun. His passion for yin yoga and Chinese Medicine really shines through! **I was drawn to Hugh's training for his focus on Chinese Medicine within yin yoga and for his amazing anatomy training on compression and how it affects our practice.** It was a truly amazing experience that I would highly recommend to anyone looking to become a yin yoga teacher or to simply deepen their understanding of yin yoga. Thank you Hugh Lee and Yoga 213!"

- VICTORIA KALOW