

Dear Yinster and Teacher to be

thank you for registering interest to join the 3rd Somatic Yin Facilitator Teacher Training 2020.

Attached are in depth information about this comprehensive training, which is held at the Treehouse in Tauranga. Our group is small (max 7) to ensure a deep personal journey. The integration time between weekends will benefit your deeper understanding.

Whether you intend to teach, expand upon your practice, enrich your therapeutic occupation this course will broaden your understanding on how to live up to your full potential, deal with personal discomfort and hold healing space for another.

Registration details and banking details below. Early bird runs out on August 20th. To register please make a deposit payment of \$500 to secure your spot, we can set up a weekly payment if that suits you best.

Stella Yoga

Bank – **Kiwibank**

Account Name – Stella Goetz

Account Number – **38-9015-0595650-10**

Particulars – **Your name**

Reference – **SYT**

**Nov 7-8**

**Nov 14-15**

**Nov 21-22**

\$1250 Early Bird  
until August 10<sup>th</sup>

Accommodation can be arranged on request.

Aroha nui, Stella

# Mindful Somatic Yin Yoga & Self Development Training Course

**This training is suitable for experienced and aspiring yoga teachers and students alike who wish to enhance their knowledge of yin yoga – the quiet practice – and discover the anatomical and energetic theories of yin yoga for their own personal practice and/or with the intention to teach.**

**The course comprises of 3x full weekends Saturday/Sunday focusing on key aspects of**

- YIN ASANA PRACTICE
- YIN ANATOMY
- TEACHING METHODOLOGY & ETHICS
- FASCIA RESEARCH
- YOGA PHILOSOPHY
- MERIDIAN THEORY
- PRANAYAMA
- MINDFULNESS
- MEDITATION
- ENERGY PSYCHOLOGY
- SOUNDHEALING
- REIKI
- SHAMANISM

This 50hr teacher training shares ancient yogic knowledge combined with the most recent scientific Myofascia research. Bernie Clarks Teaching and his book 'A complete guide to Yin Yoga (2019 edition)' are utilized and essential an essential guide to this course.

The focus of this course is to offer yoga students and teachers the theory and practice to experience the profound physical, mental, emotional and energetic benefits of Yin Yoga.

Modules I + II include personal asana practice, learning the 30+ poses, the world of Fascia, Yoga Anatomy, understanding Skeletal Variation and Individual alignment - essential to effectively and safely teach and practice Yin Asana.

Modules III+IV we shift focus towards energy, pranayama practices and meditation. You gain theoretical meridian knowledge and you learn how to feel and direct the subtle sensations of Chi Flow so you can teach others from a place of experience. On being able to refine your practice, your knowledge will go beyond the theory and your teaching will come from a place of authenticity.

Module V+VI incorporate energy psychology research a deeper understanding of the influence of Meditation on Chi Flow. You will encounter the depth of Meditation practice and the goal of yoga - the journey inwards, a deeply personal, energetic and emotional journey towards our true essence.

The most effective way to learn is with joy and trust, therefore it is important to us to create an atmosphere of lightness, fun and community. However, there are also times of deep intense studying while creating a nurturing and safe environment to allow you to fully experience the intense mental, emotional and physical affects of this profound practice.

On completion of the course:

As a new teacher you will not only have a strong foundation to teach Somatic Yin Yoga you will have all the tools you need to confidently embark on your life long Yoga teaching journey having your own experiences and making your own decisions.

As an experienced yoga teacher you have the advantage of your previous experience and knowledge! You will be ready to take in new knowledge at a deeper level. You will also be more discerning regarding what feels right for you and from there you may choose to discard or update certain information. In doing so, you will refine your teaching and it will become more complete.

On completion of this teacher training course, you are always welcome to – to share or ask questions. To discuss your training to become a **Somatic Yin Yoga Teacher** call me on 021 0249 6390 or email [info@somaticyin.com](mailto:info@somaticyin.com)

Aroha nui  
Stella



# 50hr TEACHER TRAINING 2020

## SOMATIC YIN YOGA THERAPY

- + Energy Psychology Module
- + Sacred Space Facilitation Module
- + Pranayama
- + Meditation Module
- + Sound Healing Module

Why do we still hurt? Although we Practice Yoga and Meditation, read self help books we commonly return into our wounded embodied self.

**Somatic Yin Yoga** offers an integral approach to Healing and holding space. We experience in our body the clearing out of emotional debris. With 20 years of experience 500+ Yoga Teacher, Energy Psychology Therapist Stella shares **Somatic Yin Yoga** & Healing in her home studio in Tauranga. This course delivers the ability and confidence to teach Yin Yoga and from a grounded understanding of Spirituality and Awakening.

**6-days Course**

**Nov 7-8**

**Nov 14-15**

**Nov 21-22**

**Early Bird \$1150  
until August 20<sup>th</sup>  
\$1250 reg cost**