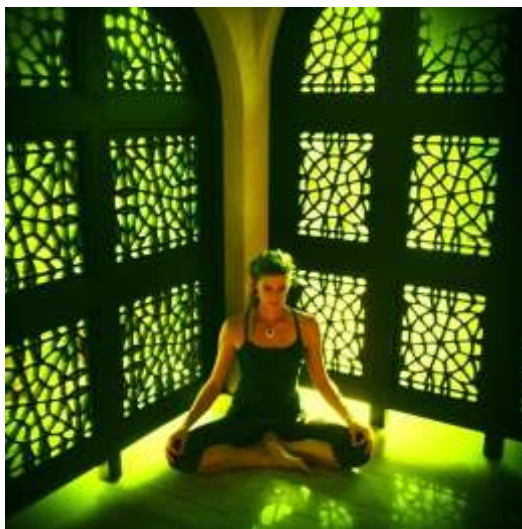


# Integrated Yin Yoga Teacher Training in Dubai “Anatomy meets Energy”

With Jade Wood & Emily Baxter

April 25<sup>th</sup> – May 6<sup>th</sup> , 2014

One of Dubai's favorite Yin Yoga teachers Jade Wood will be returning in April 2014 to offer a 100 Hour Integrated Yin Yoga Teacher Training with co-teacher Emily Baxter. Having left Dubai in 2012 to pursue global teaching opportunities Jade & Emily have hosted trainings in Spain & Japan & Yin workshops throughout Asia, Europe and North America. Their unique combination of anatomy meets energy makes their trainings an invaluable resource for practitioners of any yogic, movement or bodywork discipline wishing to deepen their practice or enrich their teachings. Jade and Emily eagerly anticipate this opportunity to share and reconnect with the Dubai sangha once again!



This Yin Training is unique in its combination of anatomy, energetics and mindful teaching methodology. You will learn how Yin Yoga differs from other forms of Yoga asana prevalent today and be provided with a breadth of knowledge in the following fields, which will give you all the tools required to be an excellent Yin Yoga teacher. We will study the poses in depth, learning how the tissues are affected as well as the energetic influences on the body and mind. You will be instructed on how to sequence, work safely with injuries and teach responsibly. An opportunity to dive deeply into a profound practice of peace.

## **Yin Yoga**

Yin Yoga is rooted in the Traditional Chinese Medicine system of Meridian lines and blended with traditional Hatha Yoga Asana, this synergy allows the practitioner to draw upon the healing properties of both a physical and an energetic practice. Perfectly suited to those wishing to indulge in a gentle and meditative experience that embraces the holistic potential of Yoga asana.

Yin is a practice of patience where certain postures are held for long periods of time. During this deep and still process we use the breath, time and gravity to sink us into poses. Stretching deep into the connective tissues and energy lines of the body can increase joint range of motion and circulation, helping to relieve tightness commonly held in the shoulders and lower back and ease symptoms of a stressful lifestyle.

The focus is on releasing tension and letting go in the body and the mind, the practice has several mental as well as physical benefits.

## **Functional Anatomy and Applied Yin Yoga**

- Structure and function of the skeletal and muscular system
- Spinal range of motion and articulation of the pelvis
- Tension vs compression
- Skeletal variation and proportion
- Posture and pain
- Fascial trains

## **Energetics of Yin Yoga**

- Chakra, meridian and 5 element theory
- Meridian line mapping
- Shen and Ko cycle
- Meditating and full body mudra
- Mental aspect of practice

## **Teaching Yin Yoga**

- Yin poses, variations and use of props
- Modifications, contraindications and injuries
- How to sequence a Yin Yoga class
- Assisted Yin
- Teaching principals and practice

## **The Training**

We will be teaching all aspects, anatomical, energetic and teaching methodology concurrently throughout the duration of the training. This will give students the time to incorporate it all holistically. Much of the learning will be active and hands on, students will be provided with both study materials and an active manual to complete as they learn and experience the practice.

Jade and Emily welcome people from all backgrounds to attend this training. Ideal for practicing Yoga teachers looking for more experience and/or a new facet of the yoga practice to offer their students. It is suitable for passionate students wanting to deepen their own practice. This course is also perfect for bodyworkers wanting to expand the ways in which they can help their clients.

## **The Teachers**



## **Jade Wood**

Jade originally trained as a circus artist and performer and was inspired by her experiences with Yoga as a method for rehabilitation and relaxation. After years of practicing Yoga and Meditation she took her training as a Yoga instructor with the School of Sacred Arts in Bali and has never looked back. Continuing to build upon her experiences from country to county she has learned and taught in Indonesia, the Philippines, Arabia and extensively throughout Europe. She is 300 hours certified by Yoga Alliance to teach traditional Hatha, Yin Yoga and Vinyasa Flow. She continues her love for circus arts and acrobatics by practicing dynamic acrobatics and AcroYoga and loves to explore the upside-down dimensions!

Jade also studied with Paul Grilley, which has greatly influenced her style of teaching. Her teaching is inspired by Traditional Chinese Medicine and she explores both her Yin Yoga and Chi Kung practice through the dance of the Elements. Jade has experience practicing in an

Osteopathic Centre specializing in Yoga for clinical referrals, working with people recovering from injury, surgery and suffering with pain and stress-related disorders. She has found the practice of Yin Yoga invaluable for this and continues to learn from unfolding, simplifying and deepening.

Jade's teaching is body-honouring and mindful with an emphasis on empowering people to find what their individual expression of Yoga is. She combines her extensive knowledge of the body with her training in Thai massage, Shiatsu & TCM, Craniosacral Therapy and Chi Kung to give students a holistic viewpoint of the body as both a structural and energetic space for exploration. She holds a strong belief that everyone has the potential to harness their own magic and wisdom to heal, learn and enjoy living life to the very fullest.

### **Emily Baxter**

Before studying Yoga Emily completed a Pilates teacher training through the YMCA and studied Anatomy at Algonquin College. These courses gave her a great wealth of knowledge on body mechanics and posture analysis, beautifully complimenting her yoga training at Kaivalyadhamma in India which focused heavily on traditional yogic philosophy and history. Emily later studied with Mark Laham in his Yin yoga teacher training program in 2009 where she studied both the mental and physical aspects of a yin style of practice.

She had discovered her passion and continues to constantly explore different inspirations of asana and various paths of yoga. Seeing how many students came into a yoga for healing aches and pains Emily became curious about healing the musculoskeletal system through yoga and movement. This led her to start training as a Postural Assessment Specialist through Egoscue University in 2011.

She keeps her inner child alive through the practice and teaching of Acro Yoga and Slacklining. Emily teaches anatomy, methodology and adjustments on Astanga Vinyasa Teacher Trainings with Tribe Yoga in Europe and Asia. She also teaches classes, workshops and intensives at various Yoga studios, parks and Acrobatic Conventions.

Emily's passion for movement and body awareness coupled with her strong background in anatomy manifests in her teachings as clear, precise, thoughtful instruction.

She continues to study, travel, teach, play and laugh wherever she may find herself. A full bio and more info about Emily can be found on her website [www.specialblendyoga.com](http://www.specialblendyoga.com)

## **REGISTRATION AND FULL DETAILS:**

### **Daily Schedule (9am-5pm):**

9-11 - asana and meditation

#### **Break**

11.15 - 1 - lecture

#### **1-2pm -Lunch**

2-3.30 - lecture

#### **Break**

3.45-5 – practical

**\*Note: Friday 2<sup>nd</sup> is a day off from training**

### **Who is this training applicable for?**

This training is open to all teachers and students alike whether you intend to teach Yin Yoga or simply apply it to your own personal practice. However it is strongly recommended that you have tried at least three Yin Yoga classes before enrolling.

### **Required reading to purchase and bring to the training:**

The Complete Guide to Yin Yoga by Bernie Clark

The Key Muscles of Yoga - Your Guide to Functional Anatomy in Yoga by Ray Long

### **Required props to purchase and bring to the training:**

1 Yoga mat (the thicker the better - I highly recommend the BodyFit mats that you can get from GO sports for 99AED )

2 yoga blocks

1 bolster

1 yoga blanket

**Course Rate (includes your comprehensive manual and an active manual in the classroom):**

7,500Dhs early-bird rate (cut-off date 15th March)

9,000Dhs rate thereafter

**Refund Policy:**

Please note that ALL fees once paid will not be refunded or adjustable under any circumstances. We understand that emergencies and other life situations do arise. We recommend that you carefully review your schedule and upcoming obligations to ensure that you can commit fully to our yoga teachers training course.

**Yoga Alliance Credits and Certificate Details:**

This training counts as 100hours continuing education credits for yoga teachers who are registered as RYT-200 or RYT-500 on Yoga Alliance's website. If you aren't a registered yoga teacher, you will still receive a certificate of completion at the end of the training upon successfully completing the course.

For registration and inquiries, contact: [yogalatesdxb@gmail.com](mailto:yogalatesdxb@gmail.com) | **Mobile:** 00971-50-3289 642