

YOGA WITH SHAWNA

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YIN YOGA

teacher training

Trainings can be taken in person or online.



Course Objective

Yin Yoga is a powerful style of yoga that teaches us how to "be." These teachings are necessary for our current world state of constant rush and doing. This training is highly therapeutic. It is created for those who want to deepen their yoga practice and for those who want to be a yin yoga teacher. We will sit in each pose for anywhere from five to ten minutes to gain deep insight to your self through the medicine of the poses. If this is not something you are comfortable with, it is ok. This has been shown to, at first, stir up feelings of extreme discomfort followed by pure bliss. Through sitting in discomfort, intense comfort follows. This lesson will follow you off the mat and into your life. Take this training to make serious, positive shifts in your life and then help guide others do the same. It will focus on you helping you be ok with being in the moment, teach you how to nurture inner patience and support others in being present, patient, and slowing down. You will graduate empowered and prepared to teach a safe and effective all level Yin Yoga class. Upon graduation, you will also be given the opportunity for a internship which will allow you to teach immediately in the studio to help others in the community.



Prerequisite

This training is open to all beings focused on finding balance and peace and helping others do the same. You do not need to have any formal yoga teacher training in any other style of yoga to take this training. All you need is an open heart and mind. This training is a nice addition if you are already a yoga teacher or holistic health provider. It is also a great place to start if you are wanting to become a yoga teacher. In the same, this training is perfect for people who just need some balance in their life and want to learn to slow down.



Curriculum

This comprehensive program will be a transformative journey that will provide you the skills + community needed to become a confident + inspiring yin yoga teacher.

The training will cover how to properly do and teach the 26 yin yoga poses, while understanding the energy associated with the style of yin yoga. Along with this students will understand the appropriate counterposes when teaching yin yoga. The curriculum deeply dissects the emotional, physical energetic, spiritual and mental benefits of practicing yin yoga. Students will learn how to make yin yoga accessible to any any body including teaching alternatives and modifications, addressing contraindications and ways to safely get your students into the poses. The training explores the use of props in an effective and purposeful way while also addressing how to teach a safe yin yoga class when there are no props around. Students will understand how to sequence a yin yoga class and use thoughtful, safe and clear cueing of each of the poses. The course also explores music in yin yoga, breathwork, mudras and ways to make the class your own.

Graduates will leave understanding of leading an effective and safe class and be given optional internship opportunities to practice applying the teachings in a real life setting that will help you jumpstart your career or just give back to the community.



"It was a wonderful experience that shaped who I am and taught me about the kind of life I want to create for myself. I grew so much, not just as a yoga teacher but, as a person altogether."

Techniques, Training + practice 10 hours

Includes 26 yin asanas, Teaching: 1) analytical training in how to teach and practice the techniques and 2) guided practice of the techniques themselves.



Teaching methodology

10 hours

Includes principles of demonstration, observation, instruction through cueing, teaching styles, qualities of a teacher, the student's process of learning and business aspects of teaching Yin Yoga in a comprehensive way including deep study of the poses and their:

- Counter-poses
- Emotional Benefits
- Physical Benefits
- Energetic Benefits
- Spiritual Benefits
- Mental Benefits
- Alternatives and Modifications
- Contraindications/Ways to Safely Get Your Students into the Pose
- Effective Prop Use with the pose
- Thoughtful, Safe and Clear Cueing of Yin Yoga Poses
- Sequencing a Yin Yoga Class
- Observing a Yin Class
- Yin VS Advanced Yin Yoga



Practicum

5 hours

Includes practicum to practice teaching, receive feedback & observe others.



Anatomy + Physiology

5 hours

Includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, and the meridian system on the hands and feet) in a way that is simple and applicable to yourself and the students.



"Before the training I had panic attacks often, was such a fast person and could not slow down. I was not patient and it seems I was always freaking out. I know I needed to do something to change my life because this was affecting my health. I took some classes with Shawna and I just loved her. She was very relatable. I decided to take the training just to learn how to slow down. This training changed me in every way. My marriage is better. My health is better. I am a better mom. I am so inspired I now want to be a yin yoga teacher and help others do the same."



Daily Meditation Challenge

What happens when you meditate daily? In short: your thoughts start to change, your brain starts to change, your life starts to change. Aside from the required coursework this training will require you to learn through experience by meditating daily. You will meditate for a minimum of 21 consecutive days and if you miss a day you will have to start again.

The purpose of this cleanse is to:

- create a daily ritual
- get to know yourself better
- understand the coursework through experiencing it first hand
- track the changes in your life from meditating daily

Internship

This training supports + encourages you to bring what we discuss out into the world. This educational internship experience will have you teaching in the yoga field applying the lessons learned directly to students on the mat and in real life. In such a fast paced world, we are completely out of balance. Yin Yoga helps bring balance and slow us down so we can be present. The internship allows you to bring this to life: to show people how to bring the yin to their yang. You will have the opportunity to do one or more of the following:

- intern in person at a successful yoga studio
- create yoga classes and/or workshops, and that implement the studies and wisdom gathered in the training and demonstrate your understanding of it through teaching a class that provides an example of living the teachings.
- create a real life opportunity to speak about the concepts you are learning and help your students embody them further advancing their practice
- find your yoga teaching voice
- be inspired by helping others
- learn the business of yoga first hand in an operating yoga studio
- create your presence as a yin yoga teacher
- commit to something meaningful + purposeful
- gain confidence in becoming a yin yoga teacher
- gain material for your yoga resume
- gain Shawna as a reference for you to use to help advance in your career
- open the door to for more opportunity in the yin yoga field





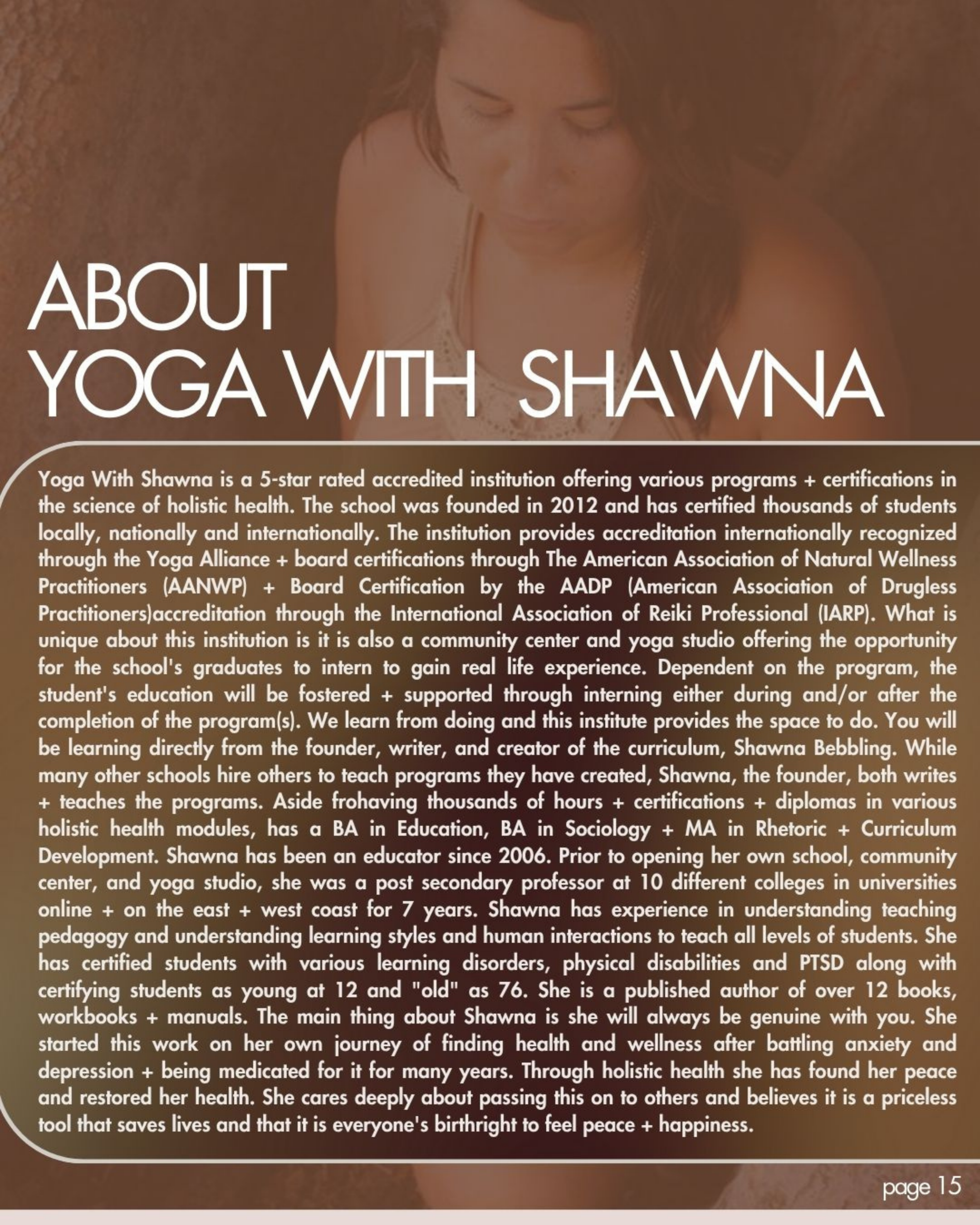
" From the beginning, Shawna's radiant welcome made us feel like home. This training? Completely transformative, beautifully reflective, and life-changing. It's clear Shawna is both organized with a clear plan and intuitive, adapting to the class's energy and flow. The internship? Perfect. I know feel more than ever ready to teach and help others."



Accreditation

This is an official, multi-accredited certification.

- Internationally Accredited 40 Hours through the Yoga Alliance (YACEP)
- Board Certificated through The American Association of Natural Wellness Practitioners (AANWP)
- Board Certification by the AADP (American Association of Drugless Practitioners)
- Course is a part of the 1000 HOURS Holistic Health Practitioner Program but can be taken a separate certification
- Course led by founder of Yoga With Shawna, Yosemite Yoga + Wellness, Desert Dimension, San Diego Yoga Festival + The Holistic Health Institute of San Diego, Shawna Schenk who has over 20 years of teaching experience, two Bachelor Degrees, one Master's Degree + over 25,000 hours of yoga teaching experiences + certifications



ABOUT YOGA WITH SHAWNA

Yoga With Shawna is a 5-star rated accredited institution offering various programs + certifications in the science of holistic health. The school was founded in 2012 and has certified thousands of students locally, nationally and internationally. The institution provides accreditation internationally recognized through the Yoga Alliance + board certifications through The American Association of Natural Wellness Practitioners (AANWP) + Board Certification by the AADP (American Association of Drugless Practitioners) accreditation through the International Association of Reiki Professional (IARP). What is unique about this institution is it is also a community center and yoga studio offering the opportunity for the school's graduates to intern to gain real life experience. Dependent on the program, the student's education will be fostered + supported through interning either during and/or after the completion of the program(s). We learn from doing and this institute provides the space to do. You will be learning directly from the founder, writer, and creator of the curriculum, Shawna Bebbling. While many other schools hire others to teach programs they have created, Shawna, the founder, both writes + teaches the programs. Aside from having thousands of hours + certifications + diplomas in various holistic health modules, has a BA in Education, BA in Sociology + MA in Rhetoric + Curriculum Development. Shawna has been an educator since 2006. Prior to opening her own school, community center, and yoga studio, she was a post secondary professor at 10 different colleges in universities online + on the east + west coast for 7 years. Shawna has experience in understanding teaching pedagogy and understanding learning styles and human interactions to teach all levels of students. She has certified students with various learning disorders, physical disabilities and PTSD along with certifying students as young at 12 and "old" as 76. She is a published author of over 12 books, workbooks + manuals. The main thing about Shawna is she will always be genuine with you. She started this work on her own journey of finding health and wellness after battling anxiety and depression + being medicated for it for many years. Through holistic health she has found her peace and restored her health. She cares deeply about passing this on to others and believes it is a priceless tool that saves lives and that it is everyone's birthright to feel peace + happiness.

Investment

\$1999 [discounted rate, paid by first day of school]

2 payments of \$1019.50

3 payments of \$686.33

apply:

