

Yin Yoga Training: The Art of Stress Release and Vulnerability w/Wanida

Potential Dates: Program Length
5 Sundays: Sun. Jan. 31st – Sun. Feb. 28th
Cost: \$350

Welcome to Yin Yoga Teacher Training! Yin yoga is not a trademarked system and an additional certification is not needed. This training is designed for students who have been practicing yoga for at least one year and want to deepen their understanding of yin yoga. Prior experience in yin yoga is not required. You do not have to be a yoga teacher nor have the desire to become one but are expected to have a passion for yoga.

In this program, you will learn the following:

- Anatomical principles and variations of the bones and fascia
- Introduction to Yin Yoga theory and benefits of the practice
- Adjustments using props
- Explanation of the organ system and the five elements according to Traditional Chinese Medicine and its relation to yin yoga
- Yin asanas and the exploration of the breath
- How to show up intentionally to teach yin to others

What to Expect

Daily Journal: Daily journal entries of your reflections.

Weekly Personal Yoga: Practice at home.

On-Going Reading: Asana and reading assignments.

Asana Practicums: Assigned yoga asanas (to be assigned to each student).

Small Groups: A yoga group to help you learn how to teach yoga poses for various body types.

Arrival Times: 12:45pm on Sunday's

Training Schedule: 5 Sunday's, 1:00pm-6:00 pm

Eating & Snack Breaks

*Please eat meals 2 hours before training begins. You will have breaks during the training, to eat as well. Please pack snacks and/or your meals on training days.

Training Schedule	Dates
Principles of Yin Eastern Philosophy and the West	Weekend 1
Trauma, Vulnerability and Race Based Stress: teaching students of all experiences	Weekend 2
Yin Anatomy, Meridians and the Art of the Asana	Weekend 3

Breathe, Depth and the Use of Props	Weekend 4
Mock Yin Class by Students/Course Completion	Weekend 5

Books needed for training

The Complete Guide to Yin Yoga – Bernie Clark
 Chakra Healing – Margarita Alcantra
 Daring Greatly – Brené Brown, Ph.D.

Suggested readings

- Lessons in Living – Susan L. Taylor
- Your Spine Your Yoga – Bernie Clark
- Restorative Yoga for Ethnic and Race Based Stress and Trauma – Gail Parker, Ph.D.

What you will receive

- Training manual
- Certificate of Completion

About the Teacher



Wanida has practiced yoga for the past 10 years. Trained as a food biochemist, Dr. Lewis took her first yoga class as a runner in graduate school and was hooked. Upon graduating with her doctoral degree, Wanida moved to Minneapolis for her first job and promised herself that she would start practicing regularly. In 2016, Wanida received her yoga certification from Yess Yoga in Minneapolis, Minnesota. As a certified Yoga Alliance member, her study of yoga includes vinyasa, restorative yin and yin yoga. She is also certified in trauma sensitive yoga from Transformation Yoga Project. A lover of food and a science geek, Wanida received her B.S. in Chemistry from Saint Augustine's University in Raleigh, NC, a M.S. in Analytical Chemistry from North Carolina Central University in Durham, NC and her doctoral degree in Food Science from North Carolina State University in Raleigh, NC. Outside of being a yoga practitioner, Wanida loves to bake, cook and travel. She has traveled to all over the world including South Africa, Rwanda, South Korea, Peru and Honduras.