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(Upgrade Version) The Yin Yoga Teacher Training Camp-in-a-Box (PLATINUM) is a 200 Hour, Level 1 Home Study Course.

200-Hour Yin Yoga Teacher Training Breakdown:

- 100 Hours of Yoga Techniques
- 25 Hours of Methodology
- 20 Hours of Anatomy and Kinesiology
- 30 Hours of Yogic Philosophy
- 25 Hours of Practicum

Within this course, you will receive all the necessary materials to teach Yin Yoga, at a Professional Level, as a Certified Yin Yoga Teacher!!

You will learn about asanas, adjustments to asanas, modifications to asanas, contraindications, Yogic philosophy, Yoga teacher methodology, helping students with limited range of motion, anatomy, physiology, and kinesiology. You will find out why "gifted" student practitioners, are able to manipulate their bodies due to elongated joint capsules ("double jointed"). It is a mistake to believe that everyone in your Yoga class is the same. This type of thinking can push your students to the threshold of injury.

As you know, teaching Yoga is more than a physical practice. You will also learn about yamas, niyamas, chakras, bandhas, mudras, relaxation techniques, meditation, and Yoga teacher ethics.

Prerequisite:

You MUST have completed "[The Original Yoga Teacher Training Camp-in-a-Box - Level 1 \(PLATINUM\)](#)" or [The Power Yoga Teacher Training Camp-in-a-Box - Level 1 \(PLATINUM\)](#) in order to take this course.

Age Requirement:

You must be at least 18 years of age in order to take this course.

Style:

Yin Yoga

Materials Included:

- **The Complete Guide to Yin Yoga** (294 pages) is an in-depth look at the practice and benefits of Yin Yoga. All forms of yoga can provide benefits physically, emotionally, and mentally and Yin Yoga is similar, however Yin Yoga works the deeper levels of the body/heart/mind: the connective tissues of the ligaments, fascia, joints and bones and the energetic channels of the meridians, nerves and blood system. One big difference noticed by students of Yin Yoga is the long held, passive nature of the posture, which gives time for a deeper journey to unfold, a journey into the meditative aspects of yoga, a bridge to living life mindfully.

Inside The Complete Guide to Yin Yoga readers will find complete information on how to do the practice, including a deep look inside over two dozen Yin Yoga postures showing the benefit of the pose, how to get into and out of the pose, contraindications and warnings for those who may have trouble with particular aspects of the posture and other important information. Classes, or flows, are also provided that target specific areas of the body such as the hips, the lower back, the legs and the upper body as well as flows that help stimulate particular organs and energy centers. As important as how to practice Yin Yoga, are the benefits: the reader will find lots of information about why anyone would want to practice Yin Yoga. The benefits are explored in three main sections: the physiological benefits, the energetic benefits and the mental/emotional benefits. Within each section the philosophies of the East (India and China) are contrasted with the current science in the West.

- **Yin Yoga (Book) – An Individualized Approach to Balance, Health and Whole Self Well-Being** (118 pages)
- **The Yin Yoga Kit** (131 page book, 75-minute DVD and 15 cards) **In *The Yin Yoga Kit***, Biff Mithoefer presents poses used in Yin Yoga and explains each posture's benefits, including which chakras and meridians will be most positively affected. The individual posture cards included illustrate the poses, provide advanced and modified variations, and assist users in designing a personalized practice sequence. The 75-minute CD contains a sample-guided routine narrated by the author, with each pose presented on a separate track so listeners can rearrange them or shorten the routine as needed.
- **Yin Yoga DVD Set** The First and Most Essential Yin Yoga DVD!

The materials on these DVDs will provide you with everything you need add Yin Yoga to your life. In addition to carefully planned classes that lead you through the practice, Paul Grilley presents an in-depth lecture on the theory and purpose of Yin Yoga that brilliantly establishes the benefits of this practice for a healthy and balanced life. It is our wish that you find this balance in your own life through these wonderful practices.

This 2-disc set contains over 5 1/2 hours of material, including:

- 108 minutes of theory lecture
- 2 fully guided Yin practice sequences of over 60 minutes each
- 1 fully guided Yin & Yang practice sequence of 60 minutes
- 3 specially choreographed Yang sequences
- 8 voice-only guided Yin sequences of adjustable length
- Customizable playback of the Yin and Yang practices to create new sequences

The Yin and Yang of Yoga: a Taoist Perspective The fundamental insight of the ancient Taoists (Chinese Yogis) is that on one level of awareness there are always opposites called Yin and Yang, but on a higher level of awareness these opposites are united in a single purpose called "Tao."

When we are ambitious and energetic, the life force flows through our muscles, the Yang layer of the body. This is the essential attitude of Yang, the creative force without which there would never be anything new. When we are peaceful and contented, the life force flows through our skeletal system, the Yin layer of the body. This is the essential attitude of Yin, the quiet insight without which there would never be peace of mind. The Tao of health is to embrace, nourish and cultivate both of these essential layers of the body. Only by doing this do we find true balance.

A Taoist analysis of Yoga practice emphasizes the critical difference between Yin and Yang tissues of the body. Muscles and blood are Yang, connective tissues and joints are Yin. Yin and Yang tissues do not respond to training in the same way and a student's practice becomes more effective when the difference is understood.

Balancing Yin and Yang Most forms of Yoga practiced today are Yang—they emphasize muscular movement and contraction. By contrast Yin Yoga targets the connective tissue of the hips, pelvis and lower spine. Connective tissue responds best to gentle stress over a long period of time, so Yin postures are held for longer periods. This type of practice complements the more muscular styles of Yoga and is a great aid for learning to sit in meditation.

Many people find that a Yin Yoga practice has transformative effects on body and mind. The gentle but consistent stimulation to the connective tissues encourages long-term health and flexibility of the joints, recharges the energetic system of the body and naturally draws the mind inward into a relaxed, meditative state.

- **Yin Yoga DVD with Kim Eng** (146 minutes)

Meditative Movements and Postures to Cultivate the Energy of "Allowing"

Most of our lives are directed by the energy of doing—known as yang in the Taoist tradition. To bring life into balance, we need to cultivate its opposite, yin, the energy of "allowing." Now Kim Eng offers a powerful program of conscious movement to help us balance these forces and accept each moment just as it is. Join her on Presence Through Movement: Yin Yoga to learn postures and practices that take you into this state of presence.

Set in a serene garden, this video begins with gentle instruction on a variety of meditative poses including the Long-Legged Butterfly, Sleeping Swan, and Dragon. By inviting us to hold these postures and sink deeply into the inner body, Kim enables us to discover our "comfortable edge"—a process that can release deeply held traumas and bring about true stillness. Complete with both long and short practices inspired by Kim's own awakening process as well as a variety of other traditions, this program helps us "be the space"—by allowing, accepting, and opening to whatever arises.

"By learning to move—and hold—our body with intention, we can begin to balance our inner and outer worlds," teaches Kim. Suitable for both beginners and advanced practitioners, Presence Through Movement: Yin Yoga is a portal to the beauty and serenity of the Now.

Also Included In Your Course:

- **Step-by-Step Instructions**
- **Unlimited e-Mail & Phone support:** No matter which of our courses you purchase, support is never an issue or an additional cost to you.
- **Aura Wellness Center's Yoga Teacher Exam**
- **Assisting and Alignments Practical Exam**
- **Information included on creating a three page essay** on a topic of Yoga and Health or your own personal experiences in Yoga and its relation to health.
- **Practical Exam**
- **Free Exam Grading and Delivery of Your Diploma:** Aura does not charge any additional fee to grade your final exams. (Aura Wellness Center's Yoga Teacher Training Certificates are signed by Dr. Paul Jerard, E-RYT 500)

- **30 Day Money Back Guarantee (No Re-stocking or Processing Fees)**

Benefits of an Aura Wellness Center Yoga Teacher Certification:

- Aura Wellness Center is an accredited school.
- No Enroll Dates.
- No Application Fees.
- Stress Free: Take the course at your own pace and on your schedule.
- Aura Wellness Center offers the most comprehensive full distance learning Yoga Teacher Training Courses in the world.
- Internationally Recognized.
- Join thousands of Yoga Teachers Certified through Aura Wellness Center.
- With our certification, you will be eligible for personal liability insurance.
- Aura stands behind its 30 Day Guarantee with No re-stocking or processing fees.
- Teach as a Professional and Certified Yoga Teacher exceeding the benchmark standard 200 Hours of training. (This is very important when seeking employment or applying for insurance, especially if you open your own training center.)
- Business Success skills to run your own yoga business or seek employment in Health Clubs, Fitness Centers, Senior Centers, Yoga Studios, Private lessons, and much more!
- Enjoy and enhance a better, healthier lifestyle.

How Does This All Work?

You will receive all of the course materials shown in the picture, as well as Step-by-Step instructions and exams. These instructions can be adjusted to complete the course at a pace that is comfortable for you.

Your tutor throughout the duration of this course will be Dr. Paul Jerard, E-RYT 500. Should you have any questions, there is an experienced Yoga teacher, on staff, who is ready to offer assistance. You are never on your own, if you do not want to be; support is a phone call or email away.

Upon completion of the course and exams, please submit them either by the internet or via regular mail. Within a few weeks, your exams will be graded, and you will be notified by email.

The average student completes this course in only 3 months or less!

Shortly after that, your Certificate, with the official Aura Wellness Center logo, signed by Dr. Paul Jerard, E-RYT 500, on ivory parchment paper will be mailed to you. You will also receive a letter of recommendation on Aura Wellness Center official letterhead (watermarked professional business paper) from Dr. Paul Jerard, E-RYT 500. This can be used to present during a job interview or to a present employer.

In summary, you have a complete 300-hour Yin Yoga Teacher Training Program, continuing education materials, and resources that you will refer back to, as you continue your Yoga Teaching Career; plus enough business tools to launch a successful Yoga Business.

Monthly Payment Plans Available:

This course is eligible for our Monthly Payment Option: [Click Here for Details.](#)

Volume Discounts:

For Wellness Centers, Health Clubs, Yoga Schools, and Groups of 2 or more.

Are you and a friend looking to purchase the same course together; or a school, gym, wellness facility, etc. looking to certify multiple (2 or More) teachers? Please contact us about volume discounts on orders of the same course.

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