

YTT Information Package



# *Yin Yoga*

+ Myofascial Release

50-HR YOGA TEACHER TRAINING

with

**Eva Maxine Hamilton**

E-RYT-500, YACEP, SYT

HOSTED  
BY

*Cozy*

YOGA + COMMUNITY  
in Porto, Portugal



Part One: Fri - Sun, Sept 3rd, 4th, 5th, 2021

Part Two: Fri - Sun, Sept 10th, 11th, 12th, 2021



*Yoga with Eva*



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## YTT Welcome Package

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Hello Yogis & Yinsters,

Thank you for your interest in joining us for our Yin Yoga + Myofascial Release Yoga Teacher Training. I am so looking forward to facilitating this training & sharing two weekends with you at Cozy Yoga + Community in Porto!

This package contains all the information about our upcoming course! Please take a little time to review this document. This includes important info including our daily schedule, course work, additional resources, and what to bring. If you have any other questions regarding the training or course content, feel welcome to ask us!

The funny thing about this yin training is that despite the fact that we cover a LOT of information, diving deep into the philosophy, methodology, and science of yin, I frequently receive feedback from students that this course can actually feel a little like a yoga retreat.

That is the beauty of yin yoga; it's an invitation to slow down and surrender. I hope at this training you gain a lot of insight into your body & practice, and learn new skills & confidence to begin teaching enriching yin yoga classes. But I also hope you find the same peace & relaxation to nourish yourself through this special practice.

Our course is registered with the Yoga Alliance and the Yoga Alliance Professionals, so upon completion, you will be able to register your certificate for 50 hours of acknowledged continuing yoga education with either of these bodies.

If you have any physical issues or injuries, please know that you can contact me in advance or speak to me on the first day of the training. I am here to support you.

Lastly, I just want to sincerely express my gratitude to Lauren & Lucy at Cozy for inviting me to this beautiful space to share my love of yin yoga with you. Thank you, ladies!

This will be a wonderful experience to explore your yin side, so that we can share the same permission to soften & release with our students.

Namaste, Eva

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# About Yin Yoga

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Yin Yoga is not just "slow yoga."

Yin Yoga is a beautiful meeting of traditional Indian Hatha & principles of Chinese Medicine. It is an intentional practice that can benefit tissues in your body often ignored by other styles of yoga and movement. It is a rich offering informed by modern science and ancient meridian theories that have unique importance in a modern world of constant movement & activity. It honors each individual's unique structure, supporting them to find stillness & peace.

Unfortunately, many people receive the impression that yin yoga is just "slow yoga," partially as so many teachers offering yin classes have no formal training in this style.

Learn the origins, unique facets, and skills required to offer safe, beneficial and meaningful yin yoga classes. This course will support you to become a confident yin yoga teacher, as well as share skills to refine your overall teaching of any style. And your certification will be recognized by the Yoga Alliance and the Yoga Alliance Professionals.

The course will be facilitated as a 6-day immersion, divided over two long-weekends at Cozy Yoga and Community. Students will receive the over 180-page textbook, as well as a gift of two myofascial release therapy balls!

The content of the very comprehensive course includes:

- Yin Yang Philosophy & The Yin Method
- The Daoist Origins & Modern History of Yin Yoga
- The Science of Fascia & Healthy Stretching
- Anatomical Reviews
- Guiding, propping and modifying all classic yin poses
- Assisting Tutorials
- Intro to Traditional Chinese Medicine & the Meridian Lines
- Intro to the Nervous System & Slowing Down
- Sequencing & Theming Meaningful Yin Classes
- Teaching Language & Holding Space
- Myofascial Release Theory
- Myofascial Release Techniques



# course dates

Our 50-hr training is offered as a 6-day immersion  
divided over two long weekends:

**Part One: Fri - Sun, Sept 3rd, 4th, 5th, 2021**

**Part Two: Fri - Sun, Sept 10th, 11th, 12th**

**Course Hours:**

**8:00am - 5:30pm each day**

There will be a 30-minute break for breakfast  
and a 90-minute break halfway through our day together for lunch.



## location

**Cozy Yoga + Community**

**Address:**

R. Formosa 63,  
4000-250  
Porto

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## what will I need?

### Provided for You:

- Your new Yin Yoga Textbook!
- Your gift of two new therapy balls!
- All the necessary props to support your yin practice at cozy
- Water

### What to bring:

- Bring yourself in comfy yoga clothes
- I always recommend wearing layers for yin yoga as we generate less internal heat
- Your favorite yoga mat
- Pens & a notebook for extra notes
- A water bottle or tea/coffee thermos
- Breakfast, lunch & extra snacks (or you can leave & get food nearby on our breaks)



# course schedule



## Yin Yoga Teacher Training Schedule

September, 2021



Day:	Fri, Sept 3rd	Sat, Sept 4th	Sun, Sept 5th	Fri, Sept 10th	Sat, Sept 11th	Sun, Sept 12th
Daily Theme:	Intro to Yin, Yin Yang Philosophy & History	Healthy Stretching & the Science of Fascia	Chinese Element & Meridian Systems	Myofascial Day!	Express your Yinside & Teach your first class!	Course Summary & Graduation!
8 - 9:30am Morning Meditation & Yoga Practice	Welcome Circle + Classical Yin Yoga Practice	Yin + Yang (Yin-yasa) Practice	Classical Yin Yoga	Myofascial Practice	Yin Teaching Practicums:	Yin + Yang (Yin-yasa) Practice
9:30–10 Breakfast	Breakfast Break					
10-11 Lecture: Philosophy, Theory, etc.	Into to Yin/Yang Philosophy	The Science of Fascia	Intro to TCM + the Yin Energy Body	Theory & Safety for Myofascial Release	Yin Teaching Practicums:	Myofascial Teaching Practicums:
11 - 12 Anatomy	Anatomy: the Spine	Anatomy: Hips & Lower Body	Anatomy: Shoulders	Myofascial Techniques 1		
12 -1:30 Lunch	Lunch Break					
1:30 -3 Applied Anatomy, Alignment, + Asana Clinic	Yin Poses: Forward Folds Backbends	Yin Poses: Hip Openers + Legs & Feet	Shoulder Openers, Twists & Side Bends + Supporting the head & neck	Myofascial Techniques 2	Yin Teaching Practicums:	Myofascial Teaching Practicums:
3-3:15 Tea Break	Tea Break					
3:15 - 4:15 Lecture: History, Sequencing, Teaching Methodology	Yoga History + the Roots of Yin Yoga, + Yin Teaching Method	Sequencing Yin Yoga + Yin Yang Styled Classes	Teaching Language + Class Theming	Holding Space Lecture,  Stillness & Embodiment	Practicum Reviews  (group & individual feedback)	Myofascial Review  Take Home Exam Review
4:15:-5:30 Afternoon Yoga Class	Myofascial Release Practice	Wall Yin Yoga Practice	Restorative Yoga	Blindfolded Yin Yoga Class! (the best)	Yoga Nidra	Closing Ceremony (5pm)



# Registration

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Your booking will be confirmed by Cozy Yoga once they have received your course tuition.

**Investment:**  
**€500**

Please note there is limited space in the course to allow for a small supported group environment.

## Booking Policies:

If you need to cancel your booking for this YTT:

- If they cancel prior to August 1st, 2021, they will receive a 50% refund (€250)
- After August 1st, 2021, all monies are non-refundable

In the event that the training cannot safely proceed due to the covid pandemic or associated regulations, the training will be rescheduled and students will be advised of the new dates. If they cannot attend the alternative dates, they are entitled to a full refund. Cozy Yoga will safeguard student's investments in case of this outcome.





# Recommended Reading List

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**Compulsory Reading:** None. I do not assign required reading in advance of the course because I have written you a comprehensive textbook which you will receive on day one!

Below I have included a list of recommended readings. These are wonderful supplementary resources to the material we will explore together. These are not mandatory but are great reading if you're feeling inspired to start exploring yin yoga! I encourage you to check these out but have no expectations that you have done this reading before the course begins.

icine and more.

## ***Yin Resources:***

*YinSights or The Complete Guide to Yin Yoga* - Bernie Clark

*Yin Yoga: Outline of a Quiet Practice* - Paul Grilley

*Insight Yoga* - Sarah Powers

*The Language of Yin* - Gabrielle Harris

## ***Fascia & Myofascial Resources:***

*The Roll Model* by Jill Miller

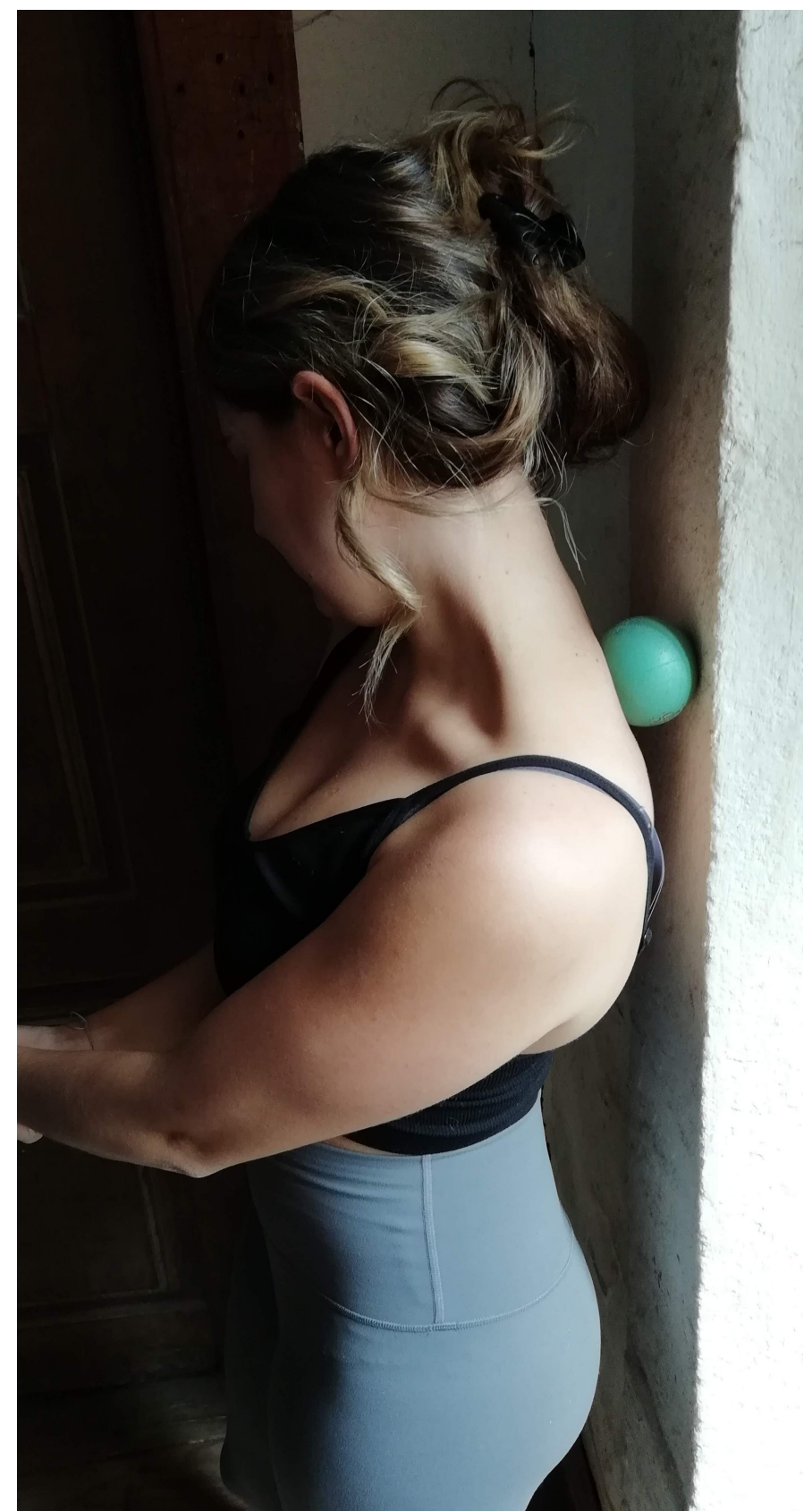
*Yoga: Fascia, Anatomy & Movement* by Joanne Avison

## ***Teaching Methodology + More...***

*Teaching People Not Poses* by Jay Fields

*Yoga for Emotional Balance* by Bo Forbes

A more extensive list of recommended reading will be featured at the end of your textbook, including more resources on anatomy, Traditional Chinese Medicine and more.



# Assignments + Certification

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Students must complete all course hours and final written assignments to fully certify.

In our last two days of training, students will be required to teach short practicums, to demonstrate their knowledge and application of course concepts. This is a great opportunity to receive supportive feedback as a teacher.

Following the in-person portion of the training, students must also complete the take-home assignment within 30-days following the course completion. This includes a written exam and a written yin class plan.

Eva needs to receive your final assignments before she can recognize & authenticate any registration of students' certificates with the Yoga Alliance registration system.

Students cannot miss more than 3-hrs of the live teaching hours and still receive certification.

If a student needs to miss a session of the training, it is important that they try to discuss the absence with the instructor in advance.



# FAQ's

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## **Will I receive CE (continuing education) credits with the Yoga Alliance for this online training?**

Yes! 50-hrs (provided you complete your final homework assignments).

## **I want to take this course, but I'm not a Yoga Teacher & I'm not very interested in teaching....**

Keen students are welcome! Many people take my educational courses for personal interest. There are no prerequisites for this YTT. Just a love of Yin Yoga and experience practicing this style. If you're not interested in teaching professionally, you can still take this course to learn more about Yin Yoga and build a more dedicated & knowledgeable self-practice. Other people working in the fields of counseling, mental health, massage, bodywork, chronic pain, etc. may also find this course helpful to support their other areas of work.

## **What if I don't have my 200-hr YTT yet? Can I still take this course?**

The answer is yes! Generally in these programs, I get a mix of people who have completed their standard 200-hr Yoga Alliance certification or who are on the path towards it. All are welcome and there are no prerequisites required. In fact, I've been told by other students in the same situation that they appreciated the foundation they received from my 30-hr or 50-hr YTT's when they then went onward to do their 200. Many felt more confident to pursue further training! In this course, I offer an introduction to the basic anatomy of the spine, hips, and shoulders so if you are new to anatomy, you will receive a basic overview. And we create a really warm environment and share lots of foundational information. There's no energy of competition or judgment.

## **Can I start teaching after this course if I have not yet completed my standard 200-hr training?**

If you are yet to complete your 200-hrs, I recommend you begin teaching friends or family for experience or donation. Most studios, as well as yoga insurance providers, will require you to have completed your 200, which I agree is extremely important. But this program can still be a great first step. And you can still log this certificate with the Yoga Alliance to start building your experience. Then when you start teaching professionally, you will already have a niche offering to share.

## **Will I learn two methodologies in this course?**

Yes! This course will give you a comprehensive education in yin yoga, as well and in myofascial release techniques, which you can incorporate into many different class styles. We combine both of these tools as they are great for releasing fascia (connective tissues).

## **Will I get a textbook?**

Yes! You will receive a comprehensive printed Yin Yoga Textbook on the first day of our training. You may also like to have a notebook and pens for extra notes.

## **Can I keep the myofascial balls I get during the course?**

Yes! These are a gift for you!

### Course Chat

Usually, I set up a facebook or whatsapp group (we go with the group consensus). This is a nice space for conversation & community within our course, where I will share links and further resources with you. You are also welcome to share posts (and yoga memes).

### Course Photos & Recordings

With all participants' consent & agreement, I'm happy for you to take pictures and screenshots during the course & share it within our course chat or your platforms. However, I want to ensure everyone feels safe and comfortable with this first.

We'll discuss this on the first day to ensure everyone's consent being photographed & images shared. I am also okay if you wish to record the audio of some lectures to access again later.

### Do you have any other questions or concerns about the course?

I am here to support you! Especially any questions having to do directly with the course organization or content. Please feel welcome to contact me with any questions or concerns. I also welcome your feedback of the course experience!

Thank you so much for choosing to spend these four days connecting, learning and growing together!

Much love + gratitude,  
Eva

