



BAREFOOT  
YOGA

COURSE  
PROSPECTUS

April 2021

50 HOUR  
YIN YOGA  
IMMERSION

BY

# WHO IS THIS FOR?

## **Current Yoga Teachers**

If you already have your YTT certificate, you may like to add to the classes that you can offer and delve deep into this Chinese lineage, something very different to our Eastern, Indian philosophies.

## **Non Yoga Teachers**

If you simply have a passion for Yin Yoga and/or Chinese Medicine you will be able to gain a very in depth experience through this course which will enlighten your journey. It may also be a pathway into a future teaching career.

## **Other Health practitioners**

Whether you are a Massage therapists, reiki/ energy healer or a psychologists- If enjoy exploring natural therapies and continuing your education then this course could really add to your skill set and knowledge.



KEEP  
GROWING



## ABOUT THE **FOCUS**

- Principles of Yin
- Advanced Anatomy and physiology within Yin postures and sequencing
- Advanced exploration of Meridians and their role in the body
- Anatomy of organs and their affect on specific emotions
- Prop usage and adjustments for Yin Postures
- Myo -fascia release and the emotions
- Understanding Nutrition from a traditional Chinese medicinal + western perspective
- Applying and practicing Zen meditation
- Applied knowledge of nervous system stimulaiton

**FIND  
BALANCE**



# ABOUT THE THE COURSE

We are a Yoga Alliance Certified School and continuing education centre. Therefore on completion of this course you will receive a 50 hour certification In Yin Yoga under Yoga Alliance Australia (internationally recognised).


This course is designed for those Yogi's and Yogini's who are ready to take the next step in their Yoga Journey and explore the teachings of Yin Yoga, meridians (energy pathways), Anatomy, Traditional Chinese medicine, Taoist philosophy and myofascial release techniques.

You will be able to plan your own healing practices which therapize you and help to keep you in balance and good health. If you already have your 200 hour certificate, you will then be able to teach Yin Yoga at studios or under your own business name.

If you do not have your YTT certificate, this may be the perfect taster to help you decide if this is a career path that you would like to take in healing others. This Training consists of a small group in which you have 24/7 support from your lead trainers. This adds to your unique experience as you will establish a close teacher student relationship with your trainers, they are on this journey with you all of the way- helping you become the confident, well rounded teacher and answer any question that you need.

Whether or not you want to teach people, this is a beautiful exploration of the self.

# FIND BALANCE



# ABOUT THE THE MODULES

## Module 1 - Yin Principals + Organs + Elements

- Brief history and recap on the lineage of Chinese medicine
- Yin Yoga practicing principals to help bringing everyone up to scratch.
- Organs and their function
- The 5 elements needed for life
- Homeostasis
- Overview of the 12 Energy pathways of Yin Yoga and Chinese medicine

## Module 2 Yin for stress

- Energy line associated with the characteristics of stress
- Nutrition & components of this emotion
- Myo-fascia and yin class for stress


## Module 3 Yin for grief

- Energy line associated with the characteristics of grief
- Nutrition & components of this emotion
- Myo-fascia and yin class for grief

## Module 4 Yin Yoga for fear

- Energy line associated with the characteristics of fear
- Nutrition & components of this emotion
- Myo-fascia and yin class for fear





# ABOUT THE THE MODULES

## Module 5 Yin for anger

- Energy line associated with the characteristics of anger
- Nutrition & components of this emotion
- Myo-fascia and yin class for anger

## Module 6 Yin for happiness

- Energy line associated with the characteristics of happiness
- Nutrition & components of this emotion
- Myo-fascia and yin class for happiness

## Module 7 Nutrition

- Nutrition from a TCM perspective
- Nutrition from a Western perspective
- Workshop with guest Chinese herbalist

## Module 8 The Autonomic Nervous System & Zen Meditation

- Responses (Sympathetic + Parasympathetic)
- Effects of Yin Yoga on the Nervous system
- Effects of Yin on the Digestive system
- Effects of Yin Yoga on the brain
- Traditional Chinese Zen Meditation technique

# ABOUT THE ITINERARY

This is an immersion course which will be held at 26 Advantage Rd, Highett, Melbourne. It will be held over x3 consecutive weekends. The Studio is nearby to Highett and Sandringham for you to be able to get food and drinks during your breaks. We also have a kitchen at the studio where you can store or eat your lunch brought from home. We will be providing herbal tea and water throughout the training.

## Example Daily Schedule

**8-9:30am** Yin + Emotion  
**9:30-11am** Nutrition

### Lunch Break 11-12pm

**12-1:30pm** Techniques + practice  
**1:30-3pm** Myo-fascia release

**3-4pm** Refreshment Break

**4-5:30pm** Class structure and formatting  
**5:30-7pm** Yin class for stress management

**Days:** Sat, Sun  
**Times:** 8am- 7pm

**Dates:** April 10th-25th 2020

**Weekend 1**  
10/11th

**Weekend 2**  
17/18th

**Weekend 3**  
24/25th Finish at 3pm on the last day



# ABOUT THE TEACHERS



**Adam Kaoullas**  
**Lead Trainer**

Adam is our lead trainer on this course. He will be teaching and specialises in Anatomy, physiology, Yin + Chinese Medicine.

Aside from Yoga Adam is a qualified Personal trainer + lifestyle coach. He has also studied kinesiology at University level and is undertaking his second degree In Health science and acupuncture. He has been in the Health + wellness industry for over 8 years, whilst leading a lucrative career as a former professional athlete competing at the top of the top of Australian sport.



**Jessica Martin-Jones**  
**Assistant Trainer**

Jessica is our assistant teacher on this course. Jess specialises in Meditation and Nutrition. She is a qualified Nutritionist + Fitness instructor and is also undertaking her Professional Diploma in Meditation and holistic life style coaching.

Both Adam + Jessica are 500 hour qualified Yoga teachers with Yoga alliance Australia.

Yoga Certificates:

200hr- Hatha and Ashtanga

300hr- Vinyasa and Yin

Certificate of Meditation & Holistic counselling



## ABOUT THE COST

**\$850 - Full payment**

**Non Refundable of Deposit \$200 to secure your spot on the training.**

**Remaining amount due**

**30 days prior to course commencement**

**Payments can be made directly via transfer;**

**Account Name: Barefoot Yoga**

**BSB: 923100**

**ACC: 305230519**

# CONTACT

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Whatsapp (+61)

Website

Submit a contact form:

[www.barefootyoga.info](http://www.barefootyoga.info)

If we don't get back to you within 24hours please feel free to contact us through any of our social media pages:

@barefootyogaschool

@jess\_barefootyoga

@fightingyogi

