



Paul & Suzee Grilley

Yin Yoga Anatomy Training 3 – 8 February 2012

**True Yoga Singapore
Pacific Plaza**

** As this training was sold out with a long waiting list early this year, we strongly urge those interested to submit their registration now in order to avoid disappointment. Bookings will be confirmed only upon full payment of tuition fee.*

In an effort to meet the growing demand for training in yin yoga and anatomy, Suzee and Paul have developed a 30 hour, non-residential program that is presented all over the world. This course introduces the 20 basic poses of yin yoga and how they are practiced. All the fundamental anatomical and philosophical concepts are covered. It transforms the way teachers see a roomful of bodies practicing asanas.

To analyze why a yoga student can or cannot do a pose we must learn to look past the surface of the body to see it as a moving skeleton. All yoga poses are simple combinations of 14 joint segments. Learning to identify the joint segments in each yoga pose is essential if we are to understand why every person practices poses differently.

After learning the 14 joint segments of the body we move on to explore the four myofascial compartments of the thighs and the seven myofascial compartments of the torso. These muscle groups are involved in every yoga pose and once a student understands them all yoga poses become a transparent combination of these simple muscle and joint movements. These anatomical principles apply to all yoga poses – regardless of style.

Key Concepts:

Learning model: Shravana, Manana, Nididhyasa

20 basic yin poses

14 joint segment analysis

Tension and compression

Skeletal variation

4 muscle groups of the thigh

7 muscle groups of the torso

3 layers of a joint

Muscle contraction

Fascial contracture

Theory of exercise

Yin and Yang Asana practice

In addition to anatomy lectures and demonstrations we will have two hours of yin and yang yoga each day. Yin Yoga is the relaxed practice of floor postures for three to five minutes at a time. A Yin practice emphasizes the connective tissues of the hips, thighs, pelvis and lower spine. It prepares the body and mind for longer meditation practices. By drawing the student's awareness away from the muscles and deeper into the bones a deep level of relaxed focus is achieved. Yang Yoga is the rhythmic, flowing repetition of movements that require strength and balance. A Yang practice emphasizes the muscle tissues and circulatory system. Yang Yoga leaves one feeling invigorated and alert.

Daily Schedule

12pm – 2.30pm	Yin and Yang Asana practice
2.30pm – 3.30pm	Break (catering provided)
3.30pm – 6pm	Anatomy Theory

Certificate of Completion

A certificate of completion will be awarded only to those who fulfill 100% attendance in this training.

About Paul and Suzee

Paul and Suzee Grilley have been teaching yoga since 1980. They practice yoga postures in the style of Paulie Zink and pattern their philosophy on the writings and research of Dr. Hiroshi Motoyama —a yogi and scientist from Tokyo, Japan. This philosophy integrates the Taoist meridian theories of China with the tantric theories of India. Paul and Suzee have developed anatomically based Teacher Training Programs which they present all over the world. They can be reached via www.paulgrilley.com



Tuition Fee

	Early Bird (before 31 Dec)	Normal Price (1 Jan onwards)
Yin Yoga Teacher Training	S\$1495	S\$1695

- * Prices will be subjected to a further 7% government tax (GST).
- * All bookings must be accompanied with full payment. Pre-booking without payment is not allowed.
- * Payment must be made using the Registration Form attached to secure booking.
- * All payments made after the early bird price will be subjected to the normal price from 1 Jan 2012 onwards.
- * No credit/refund will be given once payment is made or due to cancellation, no-shows or late arrival.
- * **Packages must be used by the same individual and sessions cannot be shared. No substitutes are allowed.**
- * All participants must show Proof of photo ID on the day to gain admission into the workshops.
- * TRUE YOGA reserves the right to entry, amend or cancel the event due to any unforeseen circumstances.

Venue

True Yoga
9 Scotts Road
Level 4 Pacific Plaza
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All bookings & enquiries
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