

Insight Yoga Teacher Training Intensive Primary Level with Sarah Powers

(Japanese Translation course)

[Module1] Friday, July 15, 2022 - Monday, July 18, 2022 at 8:00am-1:00pm (Japan Time)

[Module2] Thursday, August 11, 2022 - Monday, August 14, 2022 at 8:00am-1:00pm (Japan Time)

Essential teachings on Yin Yoga, Mindfulness and how to sequence Yang poses with Yin sequences

An 8-day ONLINE 50-hour Yoga Alliance registered intensive. For Yin/Yang Yoga Teachers and Dedicated Practitioners.

This course is intended to deepen one's understanding of the experiential, philosophical and practical application of yoga and meditation. It is intended for those with at least two years of practice or more. It is recommended that you have attended a prior teacher training course if you intend to teach this material. It will benefit most people to have taken a 200-500 hour yoga training program before coming to Sarah's Primary Level. This is not essential for those interested in simply cultivating their own practice.

This intensive will deepen one's ability to teach/practice both a receptive Yin style and an active flow or Yang style of yoga with an interest in promoting a conducive inner environment for meditation.

Please come with a basic understanding of the practices (having read Sarah's book [Insight Yoga](#)), and a strong interest in committing to the further exploration of both yoga and meditation.

This is a 50-hour Yoga Alliance training and attendance in the entire program is required – 40 hours of live online teachings and 10 hours of required pre-reading (outlined below) and essay writing (details provided at the end of the course). In order to be eligible to receive the Certificate of Completion for this course, you must attend all of the hours of the training, and complete the required assigned essay. Each day will include teachings on Yin Yoga, Yang Yoga, and Mindfulness Meditation.

In this training we will explore:

- Yin Yoga — how, why and when to practice this style safely and effectively
- Organ health and Yoga practice (sequences for the kidneys, liver, etc.)
- Balancing the Yin style with a Yang practice to support structural strength and stability
- Proper physical alignment in active postures
- The primary focus of ujjayi breath in asana: length, depth and direction
- Mindfulness in asana
- Sequencing of postures for various levels, from the beginner to the intermediate

- How to assist those with injuries
- Skillful verbal communication
- The teacher/student relationship

Asana

The physical discipline of hatha yoga centers on the harmonious embodiment of postures. How we practice these postures is as important as which asana we choose and how we orchestrate them. Increasing our repertoire of different ways to practice allows us to vary our sequences at different times in our life, continually keeping the practice appropriate as well as fresh and alive.

Philosophy

- Subtle body anatomy according to Yogic and Chinese philosophy
- Meridian theory and Chinese Medicine
- Buddhist Psychology and emotional maturity

Pranayama

Pranayama is the expansion of the life force through breath regulation. It is the profound practice of circulating and redistributing prana in both the physical and subtle body through various breathing and visualization practices.

Overview of Pranayama practices:

- *Kumbhaka* (breath retention)
- *Nadi Shodhana* (alternate nostril breathing)
- *Kapalabhati* (breath of fire)

Meditation

The essence of a committed yoga practice is meditative focus and awareness. Developing and sustaining a formal meditation practice can be a continual source of insight, rejuvenation and compassion. It is a practice that can reveal and disempower our negative, fragmented aspects while potentially revealing our essential nature. Meditation can also deepen one's awareness and acceptance of oneself and of the world, deepening one's openness and wakefulness. We will discuss and practice Buddhist mindfulness meditation (Sati Patthana–The Four Foundations of Mindfulness), with an emphasis on how to share these practices with others.

Study and Reading:

- [.Insight Yoga by Sarah Powers](#)
- Buddhism: A Very Short Introduction by Damien Keown

Viewing:

- [.Insight Yoga \(Video\) by Sarah Powers](#)
- [Yin Yoga: Principles and Practice by Paul Grilley](#)
- [Yin Yoga \(MP3\) by Sarah Powers](#)
- [Yin Yoga \(Video\) by Paul Grilley](#)

Acquiring an intellectual understanding of the rich diversity of Yoga and Buddhism inspires one's dedication to the path of awakening; it also fosters a clear level of communication and discussion with others.

Students are required to read the books and view the videos assigned for this training before they arrive. Readings from these books and viewing of the videos are an integral part of the training so please order the materials upon registration of the course so you have ample time to read/view them before the training begins.

A teacher-training manual will be emailed a few days ahead of first class. Everyone will also be required to have Sarah's book *Insight Yoga* during each class.

To be eligible to receive the certificate, you will also be asked to write a 2-3 page paper on the purpose and methods of Yin yoga upon completion of the course for assessment.

Pricing:

155,900JPY Before May 15

169,700JPY Before June 16

177,500JPY Before July 10

193,000JPY After July 11

7day viewing archive record and certificates included.

Cancellation:

Cancellations after payment has been received will be subject to the following cancellation fees

From 29 to 21 days prior to the workshop after payment: 10% of the course fee

From 20 to 14 days prior to the workshop: 20% of the course fee

From 13 to 7 days prior to the workshop after payment: 50% of the course fee

From 6 to 2 days prior to the workshop after payment: 70% of the course fee

From the date of payment to the day before the workshop ···· 100% of the course fee

Refunds will be made by bank transfer. Bank transfer fee will be charged at the time of refund.

If you wish to receive a refund after payment is made by credit card, you will be responsible for the transaction fee (3.6%).

Registration:

Please email us. We will send you a payment link.

info@tokyo-yoga.com

Kazumi Imai /TokyoYoga