50 Hour Foundations Yin Yoga Teacher Training

AWHI
YOGA SCHOOL

awhiyoga.co.nz
kiaora@awhiyoga.co.nz
+64 4 499 5006

CONTINUING EDUCATION PROVIDER
YACEP

About Our Training

AWHI Yoga & Wellbeing's 50 hour Yin Yoga Teacher Training (YTT) programme is a comprehensive and thorough journey to becoming a Yin Yoga Teacher. Whether you enrol with a view to teach or as a personal journey towards enhancing your own practice and knowledge, you'll be guided towards a deeper inner-knowing and understanding of all things Yin. Our programme is suitable for anyone looking to learn more about the anatomy, theory and practice of Yin Yoga – haere mai!

Most studios only require a minimum of 50 hours in Foundations training to teach yin. We also offer a second module, Advanced Yin Teacher Training (50 hours), which can be completed after Module 1: Foundations for a full 100-hour certification.

Our Module 2: Advanced Yin Yoga Training will be offered again in 2028 (specific dates TBD).

Our Yin YTT programme offers the theory, philosophy, anatomy, teaching and sequencing techniques that will enable you to experience and facilitate the profound physical, mental, emotional and energetic benefits of Yin Yoga. You will learn about the body's subtle energy lines, key poses, sensitive cueing, variations, sequencing basics and how yoga philosophy applies to our practice both on and off the mat. If teaching is your goal, our training programme also prepares you to join the well-rounded, world-class yoga teaching whānau for which AWHI is so widely renowned. Not interested in teaching? That's OK, too! Our training is equally suitable for non-teachers who simply want to learn more about their bodies or being in their bodies, how to work with meridian lines and other energetic properties, how to apply yoga philosophy to everyday life... and so much more!

The programme is facilitated by our experienced AWHI kaiako (teachers) who have trained in Yin Yoga, meditation, yoga nidra and related modalities. Module 2 - when offered - is assisted by Murray Hemi (CYT 200), a trained psychotherapist and men's relationship coach who also has extensive training and expertise in trauma-sensitive and trauma-informed yin yoga.

Our 50/100 hour Yin Yoga YTT programme is internationally recognised by Yoga Alliance (YAECP) and can be completed for 50 or 100 Continuing Education credit hours with Yoga Alliance.

2027 DATES
MODULE 1: FOUNDATIONS OF YIN (50 HOURS)

MODULE 1: FOUNDATIONS OF YIN (50 HOURS)	**What this Module covers:** Each day includes a vinyasa and yin yoga practice so that we can begin to explore the different approaches to asana (poses) in our own bodies. The rest of our time together consists of lectures, demonstrations, discussion and practice teaching. There is a 1-hour lunch break every day, and short breaks for morning/afternoon tea. • Yin Yoga anatomy • Connective tissue/fascia • Chakra & Meridian Theories • Teaching and Sequencing Methods • Yoga Philosophy
PREREQUISITE	None
DATES & LOCATION	Friday - Sunday, 14th - 16th May, 8am - 6pm Friday - Sunday, 21st - 23rd May, 8am - 6pm AWHI Yoga & Wellbeing studio at 2 / 15 Johnston Street, Wellington Central

MODULE 1: FOUNDATIONS OF YIN (50 HOURS)

Required Text:

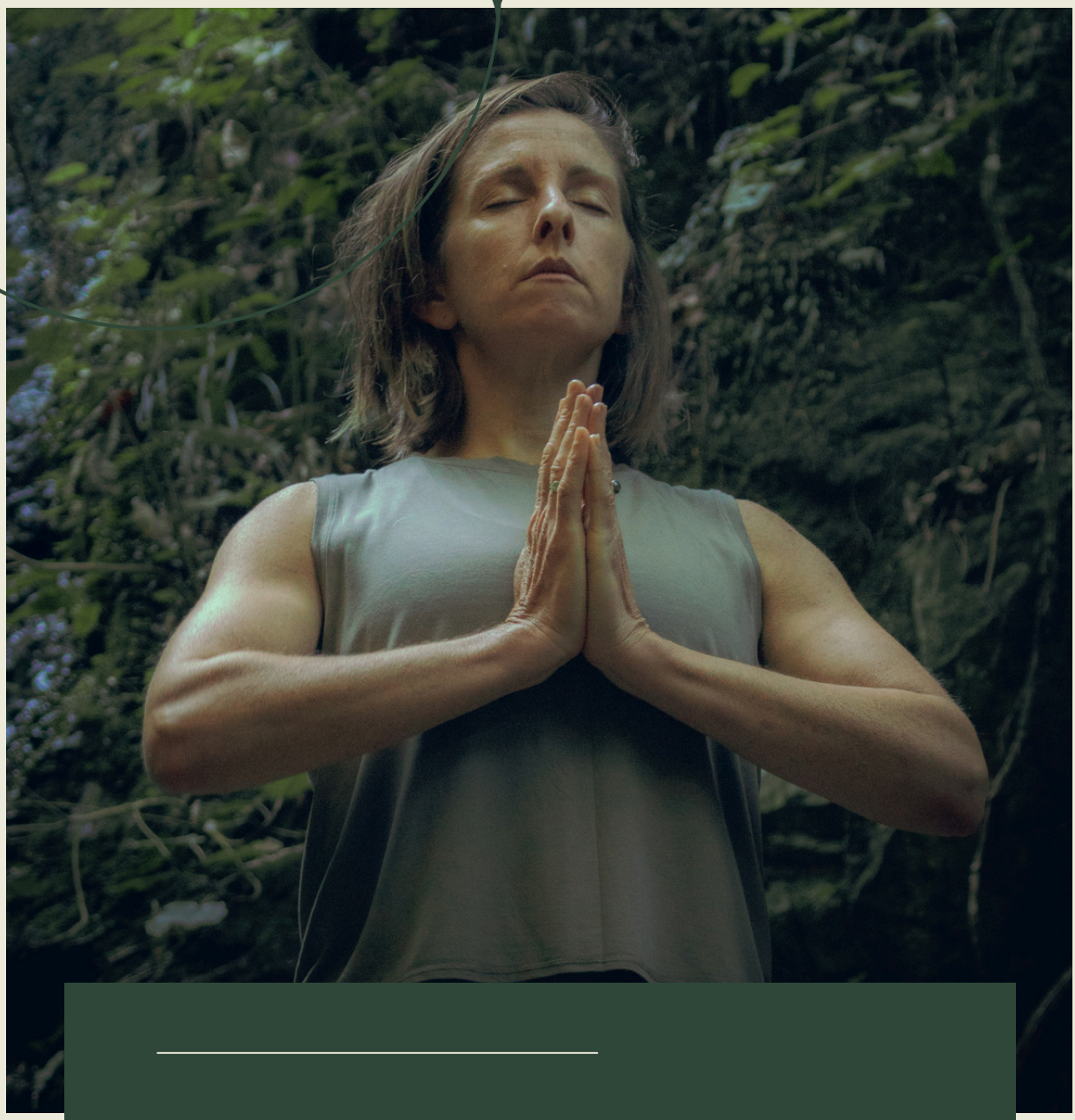
The Complete Guide to Yin Yoga: The Philosophy and Practice of Yin Yoga by Bernie Clark (2019) - ISBN 0968766587

You are required to purchase this text and bring it with you on Day 1. Copies available for purchase at AWHI.

Investment:

Foundations of Yin: $1299

Covers full training and materials; unlimited AWHI yoga membership to studio for duration of Module 1 & a certificate of completion. Payment plans available.



YTT trainees receive complementary unlimited yoga membership to AWHI Yoga & Wellbeing through the duration of the course as part of their enrolment.

MODULE 2: ADVANCED YIN TRAUMA-INFORMED APPROACH (50 HOURS)

Module 2 takes a deeper dive into the energetics, philosophies, science, sequencing, cueing and languaging techniques needed to deliver safe and inclusive yoga classes that speak to ALL bodies, hearts and minds.

MODULE 2: ADVANCED YIN - TRAUMA-INFORMED APPROACH (50 HOURS)	**What this Module covers:** This module is designed for practitioners or teachers who already have a minimum of 20 hours Yin yoga training. Foundational anatomy, meridian theory and yin poses will not be covered in Module 2, so students are expected to come with this foundational knowledge. Please get in touch to discuss your existing qualifications in relation to the training. • Trauma-informed, trauma-sensitive teaching approaches • Meditation & Pranyama • Yoga Nidra • Yoga Philosophy • Class Sequencing, Theming & Teaching
PREREQUISITE	Module 1 OR Minimum 20 Hours Yin Yoga Teacher Training
DATES & LOCATION	There is no course scheduled for 2027. Please check back for 2028 dates! AWHI Yoga & Wellbeing studio (2 / 15 Johnston Street, Wellington Central)

CERTIFICATION

Yoga Alliance Continuing Education Credits

Successful completion of all graduation requirements awards you a graduation certificate from AWHI Yoga & Wellbeing, which confirms your Yin Yoga teacher training. Most yoga studios require a minimum of 50 hours to teach Yin Yoga, meaning you will be eligible to teach Yin with this certificate.

We are a Yoga Alliance® Continuing Education Provider (YACEP), which means you can earn Continuing Education (CE) credits for completing our training if you are registered with Yoga Alliance®. You must apply for CE credits separately at: https://www.yogaalliance.org.

Registering for Continuing Education credits with Yoga Alliance® is an additional cost, which is not included in your teacher training fees.

CONTINUING EDUCATION PROVIDER
YACEP

https://www.yogaalliance.org

@yogaalliance

GRADUATION REQUIREMENTS

Requirements for Completion and Graduation

1 100% ATTENDANCE

Students must attend all sessions or make alternative arrangements for missed sessions. Private tutoring is available at student's expense. See our Attendance Policy on our website for full details

2 WRITTEN EXAMINATION

Each student must complete the Written Examination with a passing mark of 60% or higher.

Additional requirement for Completion and Graduation from our Advanced Yin course

3 WRITTEN REFLECTION

Complete and submit Written Reflections to question prompts based on required course readings, lectures and discussions (assessment is Pass / Fail and can be repeated until passed).

REGISTRATION & PAYMENT

To enrol, please complete the online registration form and pay the non-refundable deposit of $500 via bank transfer to reserve your space. Bank transfers can be made to:

AWHI Wellbeing Holdings Ltd
38-9023-0469355-01
Reference: Your name

We can also take online payments via credit card or payments at the studio, but please note these may incur an additional surcharge. Please get in touch to arrange!

Questions? Please email Casey at casey@awhiyoga.co.nz

PAYMENT PLANS

We are happy to accommodate any payment plan that enables you to join us for the training. You're welcome to drip-feed payments on a schedule that works for you until the balance is paid off. We just ask you to please use the payment details noted above when making instalments (using either 'Deposit' or 'Balance' to indicate what the payment is being made towards, and your surname in the Reference).

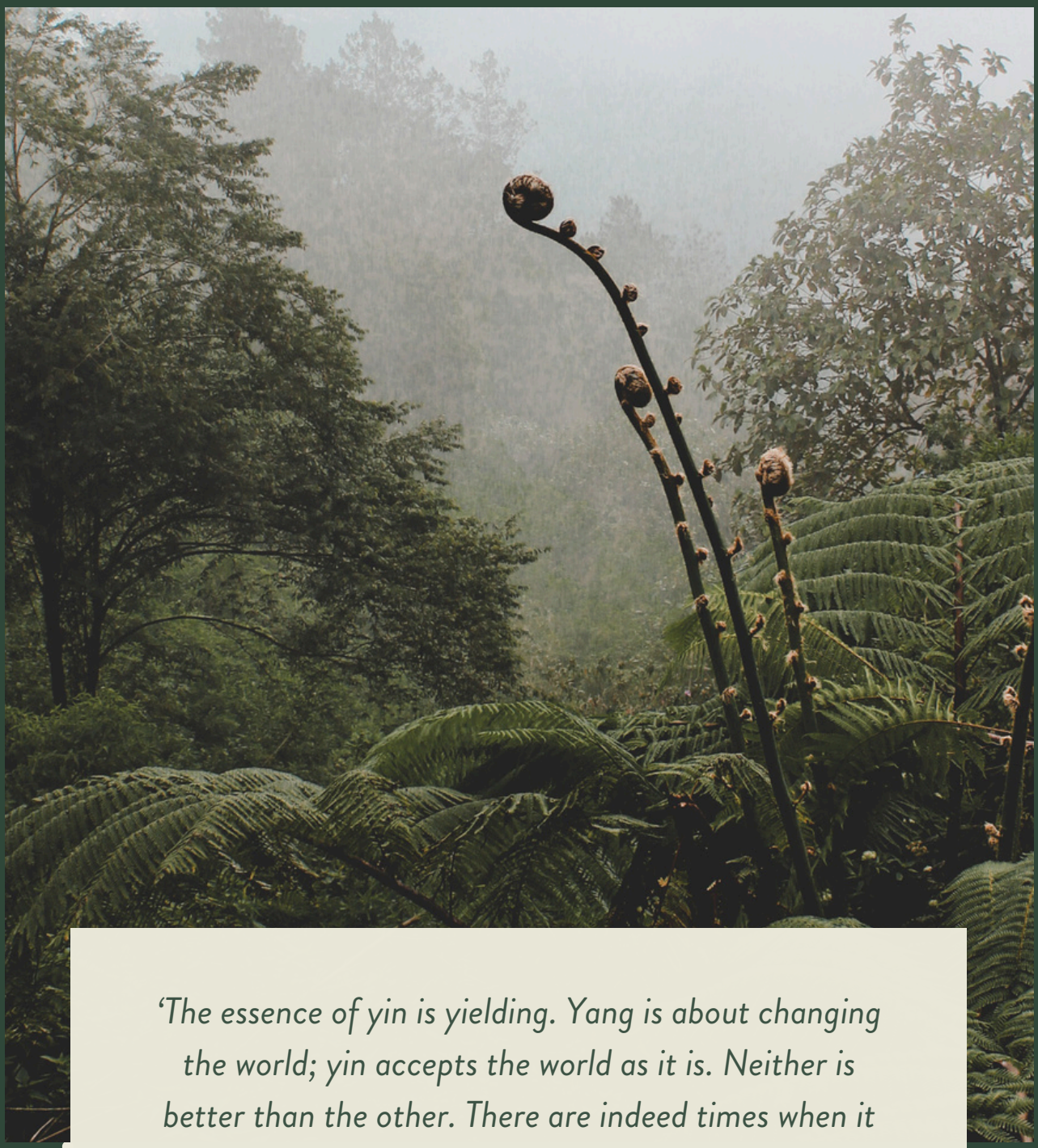
The balance is due in full at the start of each Module, although we can be flexible on this date if needed - please get in touch first if this is the case!

SCHOLARSHIP

We believe yoga teacher training should be accessible to everyone. Our scholarship programme offers 100% tuition funding for those from communities underrepresented in yoga spaces.

The scholarship includes the training, required textbooks, AWHI manual, unlimited yoga at AWHI for the duration of teacher training and a lifetime discount on all AWHI memberships and class passes.

More details about the Scholarship and application process can be found on our website at: awhiyoga.co.nz/scholarship



'The essence of yin is yielding. Yang is about changing the world; yin accepts the world as it is. Neither is better than the other. There are indeed times when it is appropriate and even necessary to change the world; other times, it is best to just allow things to unfold. Part of the yin practice is learning this yielding.'

Bernie Clark, author of
The Complete Guide to Yin Yoga

TERMS & CONDITIONS FOR YIN YOGA TRAINING

- Deposits are non-refundable within 30 days of the start of training.
- No refunds will be made for failure to attend, or failure to complete the teacher training, or for withdrawing from the programme (emergency medical exceptions will be made on a case-by-case basis). Please be sure of your calendar availability before booking this training.
- Students are required to attend each day of training and must complete all 50 (or 100) module hours in order to receive a certificate of completion. Exceptional circumstances aside, any missed module content will have to be made up on the student's own time, or with private tutoring incurred at the student's expense.
- Students consent to being included in photographs taken during training, which may be used on AWHI's website, social media and/or other promotional materials. All written reviews may be used for promotional purposes. By registering for this training you fully agree to all waivers and releases. Blanket exceptions to this clause can be made prior to the start of training but not thereafter.
- By voluntarily participating in this training programme and/or utilising the information provided, students assume all risk of injury. Students should consult with their physician before engaging in any exercise or exercise program, and should always use caution when engaging in any physical activity.

AWHI YOGA SCHOOL

REFUNDS POLICY

Notice of Cancellation: The program requires that any notice of cancellation or withdrawal by a student must be provided in writing (email will suffice).

Deposit: Upon acceptance into the program, the applicant must pay a deposit of $500 to hold the applicant's place in the programme. Your $500 deposit secures your space in the programme.

If the applicant cancels thirty (30) days or more before the start of training, the deposit will be refunded.

There are no deposit refunds within 30 days of the start of the programme.

The program tuition fees are non-refundable. If a student must withdraw from the program for special circumstances, the program may give a partial refund to the student in the exercise of its discretion. Any funds paid to teachers for private tutoring, however, will not be refunded if those services have already been rendered at the time of withdrawal.

The program will not give any refunds or credits after the training starts. The program reserves the right to cancel any training before it begins. In that case any payments applicants have made will be refunded in full.

AWHI
YOGA & WELLBEING

FACILITATORS

TOM BROTHERSTONE

Tom (he/him) completed 500hr YTT in Rishikesh, India and has been teaching Yin and Vinyasa for over a decade. As co-owner of AWHI, his focus is now on building community through both practices, providing a supportive platform for the growth and self-discovery of others. Tom is an expert facilitator, and his facilitation style is easeful and approachable, with just the right amount of humour. When not at yoga, you can find Tom teaching or competing in Brazilian Jiu Jitsu.

ROSIE SIEVERS

Rosie has spent over 10 years facilitating Yin and Vinyasa yoga, teacher trainings, retreats and group spaces, driven by a fascination with how bodies move, feel and heal. As a craniosacral and massage therapist, she brings a practitioner's understanding of the body into her teaching, bridging science and embodied wisdom. She loves teaching and exploring movement and anatomy through felt sense, helping students discover how nothing in the body works in isolation, and how our inner world is always in relationship with the world around us. Her aim is to help people grow comfort and confidence in their own skin, and to trust their body's natural intelligence. Learn more about Rosie at:
https://www.thewholebody.co.nz/about

APPENDIX: POLICIES

These policies can also be found on our website: awhiyoga.co.nz/200hour

I. CODE OF CONDUCT

A. Purpose Statement

The purpose of our Code of Conduct is to help our teachers serve in their purest spirit and to protect our students and community.

Our kaupapa (mission/purpose) is based on the four pillars of Te Whare Tapa Whā. We use this model to support the wellbeing of our members and ourselves. Our commitment to a holistic approach means that while our business offerings primarily focus on tinana (the body), we place equal value on hinengaro (mind), wairua (spirit) and whānau (family/community).

We expect all AWHI staff to uphold this kaupapa in all that you do at the studio. As a member of the AWHI teaching team we expect that each class you teach speaks not only to the body (tinana), but to the heart and mind (wairua, hinengaro), as well. We do this by creating well-sequenced, challenging classes (tinana) that have a clear theme and philosophical/spiritual message (hinengaro, wairua). Additionally, we expect all teaching staff to support and foster a sense of community (whānau) by remembering members' names, greeting them at the door, attending yoga classes and other events at AWHI, being visible and present in whatever way that's possible for you. It is through our attention to each of these pillars that we empower and support our community - and one another - on our wellbeing journey.

B. Financial Practices

Teachers will be honest, straightforward, fair, and conscientious in conducting all of their business affairs. Teachers will manage their business affairs according to recognized standard business and accounting practices. Teachers will discuss all fees and financial arrangements in a straightforward professional manner. Teachers will also ensure all advertisements relating to the benefits of yoga and our studio are accurate, fair, and not misleading. Teachers will treat other employees, assistants, students, colleagues, and other wellness businesses fairly, transparently and honestly in the course of all business dealings.

C. Professional Growth/Continuing Education

Teachers shall commit to the continuous improvement of their professional knowledge and skills in order to maintain the integrity, competency, and high standards of the yoga profession. Professional growth

includes maintaining a regular yoga, meditation and/or pranayama practice, as well as the continued pursuit of expanding your understanding of Te Reo and Te Ao Māori.

D. Teacher-Student Relationships

Teachers shall treat their students with respect and with regards to their individuality, dignity, and privacy.

Teachers shall commit to promoting the physical, emotional, and spiritual well-being of their students. Teachers shall cause no harm to their students, shall commit to practicing ahimsa, and strive to alleviate the suffering of all beings.

Teachers shall create and maintain a safe, clean, comfortable, and positive environment for the practice of yoga.

The relationship between a yoga teacher and a student is based on trust. To establish and maintain that trust, the teacher must be polite, considerate, and honest with their students. Teachers should practice good communication with their students. Teachers should listen attentively to students, respect their point of view, beliefs and culture, and should not allow their beliefs and values to adversely influence their relationship with their students. Teachers should avoid imposing their beliefs on others, although they may express them when appropriate in the class.

Integrity

Teachers shall uphold the highest of moral standards. Teachers shall strive to ensure that their intentions, actions, and speech are based on honesty, compassion, selflessness, trustworthiness, and transparency.

Teachers recognise that the process of learning is never complete, and they shall avoid portraying themselves as “enlightened” or “spiritually advanced.” Teachers recognise that they are walking on the spiritual path along with their fellow teachers and students. Teachers shall cultivate an attitude of humanity in their teaching and dedicate their work to something greater than themselves.

E. Scope of Practice

Teachers shall represent their qualifications honestly and provide only the services they are qualified and certified to perform.

Teachers shall not diagnose their student's physical or psychological condition. Teachers shall not give medical advice. Teachers shall not prescribe a treatment or suggest rejecting a physician's advice. Teachers shall refer their students to medical doctors or complimentary licensed professionals when appropriate.

F. Confidential Information

Teachers shall keep all personal information disclosed by their students strictly confidential.

Our studio will maintain the confidentiality of all private information disclosed by our teachers, students and clients. We will maintain commercially reasonable policies and procedures to protect the confidentiality of all private information disclosed by our teachers, students, and clients.

G. Inter-Professional Relationships

Teachers are part of the well-being community and should strive to develop and maintain relationships within the community for the benefit of their students and their own professional development. Teachers shall practice tolerance toward other teachers, schools, and traditions. Teachers shall not undermine a student's trust in teachings they have received from other traditions, schools or teachers by criticising such teachings without reasonable cause. If a teacher hears such criticism being made by students or colleagues, he or she must act with the utmost discretion and professionalism in voicing their view on the matter.

H. Advertising and Public Communications

Teachers shall not make false, deceptive, or fraudulent statements or promotional activity (including advertisements) concerning: (i) their training, experience, or competence; (ii) their academic degrees or credentials; (iii) their institutional affiliations; (iv) their classes, workshops, and teacher trainings; (v) the scientific or clinical basis for the success of their services; (vi) their fees; or (vii) statements involving sensationalism, exaggeration or superficiality; or (viii) an intent to exploit a student's fears or emotions or to create unjustified expectations for cures or results.

Similarly, our studio will not make false, deceptive, or fraudulent statements or promotional activity (including advertisements) concerning: (i) the training, experience, or competence of our teachers; (ii) the academic degrees or credentials of our teachers; (iii) their institutional or association affiliations; (iv) their services, including classes, workshops, and teacher trainings; (v) the scientific or clinical basis for or results or degree of success of, their services; (vi) their fees; (vii) unusual or unique abilities of our teachers, including statements involving sensationalism or exaggeration; or (viii) an intent to exploit a student's fears, anxieties or emotions, or to create unjustified claims of results.

POLICIES

I. Yoga Equity

Teachers will welcome, accept, and support all students regardless of religion, gender, sexual orientation, language, nationality, political, or cultural background.

Teachers will embrace yoga equity. Teachers shall seek to have an awareness and a commitment to making yoga more equitable, inclusive, accessible and diverse.

Teachers will emphasise the importance of learning, teaching, and practicing yoga honestly, which means promoting equity, reducing harm, honouring and leveraging cultural differences, and fostering diversity and inclusion in all areas of yoga while honouring the integrity of yoga's cultural and historical roots.

Our studio will not discriminate against or refuse to provide teaching or professional help to any student, client or employee based on any protected class such as age, gender (including pregnancy), race, ethnicity, culture, national origin, religion, sexual orientation, disability, socioeconomic status or genetic information. We will not discriminate in the workplace.

II. ANTI-HARASSMENT POLICY

AWHI Yoga believes everyone has the right to practice yoga without abuse or threat of abuse. We do not permit managers, employees, teachers, independent contractors, students, or others in the workplace to harass any other person because of age, gender (including pregnancy), race, ethnicity, culture, national origin, religion, sexual orientation, disability, socioeconomic status, genetic information, or any other basis proscribed by law.

A. Harassment

Harassment is unwelcome verbal or non-verbal conduct, based upon a person's protected characteristic, that (i) denigrates or shows hostility or aversion toward the person because of the characteristic and which affects their employment opportunities or benefits; (ii) has the purpose or effect of unreasonably interfering with their work performance; (iii) enduring the offensive conduct becomes a condition of continued employment; or (iv) has the purpose or effect of creating a work environment that a reasonable person would consider intimidating, hostile, or abusive. Harassment includes epithets, slurs, name calling, negative stereotyping, insults, intimidation, ridicule, threatening, intimidating or hostile acts, denigrating jokes, and display in the workplace of written or graphic material that denigrates or shows hostility or aversion toward an individual or group based on their protected

characteristic. Petty slights, annoyances, and isolated minor incidents may not rise to the level of harassment.

B. Sexual Harassment Policy

We do not tolerate sexual harassment in our studio. Sexual harassment refers to any unwelcome sexual attention, sexual advances, requests for sexual favors and other verbal, visual or physical conduct of a sexual nature when the conduct harms the person's employment or working environment.

Examples of sexual harassment include unwanted and unnecessary physical contact; offensive remarks (including unwelcome comments about appearance); obscene jokes or other inappropriate use of sexually offensive language; the display in the studio of sexually suggestive objects or pictures; and unwelcome sexual advances by teachers, students, customers, clients, or other visitors to a studio. Non-physical gesture, behavior, unnecessary physical contact, verbal suggestion, or innuendo may constitute sexual harassment.

C. Sexual Misconduct Policy

Teachers must maintain professional relationships with their students. This includes appropriate social and sexual boundaries. Teachers must create and maintain a safe environment that engenders trust and mutual respect with the students. Teachers shall not initiate or engage in any sexual conduct, sexual activities, or sexualising behaviour involving a student even if the student attempts to create a sexual relationship. All forms of sexual involvement with students are unethical and constitute sexual misconduct.

D. Procedure

AWHI Yoga's Grievance Policy (below) outlines how to report all instances of harassment and misconduct.

Reports of sexual misconduct must be initiated by the individual who has personally experienced sexual misconduct as defined in this Policy. If the individual is a minor at the time of the report, the individual's parent or legal guardian can report the misconduct on their ward's behalf.

In the interest of safety and privacy, AWHI Yoga will not initiate an investigation based upon a third-party report of violations under this Policy.

III. GRIEVANCE POLICY

We encourage anyone who has been the subject of sexual misconduct or any other action that violates our policies and Code of Conduct to report the incident to the co-owners of AWHI Yoga & Wellbeing. The report should contain the following information:

- Your full name;
- Your email and phone number;
- The name of the person who the grievance is against;
- A description of the alleged policy violation;
- The date and location of the policy violation;
- Names and contact information of any witnesses with first-hand knowledge of the situation; and,
- Any other credible evidence that is available to support the grievance.

In the interest of fairness and privacy, all reports must be made by the person who has personally experienced the misconduct. We will not investigate a matter based upon a third-party report of misconduct.

All reports must be made in good faith based on information the person reporting the incident reasonably believes to be accurate.

We may request additional information from the person reporting the incident throughout the course of review of the report. We will take appropriate action to ensure compliance with our policies.

The reviewing body will impose any sanctions that it feels are fair, just, and reasonable under all circumstances. However, the reviewing body will use sound and careful judgment in deciding what type of sanctions to impose. There are four options:

- Do Nothing. The facts do not show that the person committed the policy violation.
- Warning. The facts show that the person's actions were minor and that a warning is a fair sanction. The warning could be coupled with counselling.

- Suspension. The facts show that the person's actions were serious, and they warrant suspending the person from the studio or community for a decided amount of time. However, the actions were not so serious that they support termination of employment. For example, the person may be good hearted, but made a mistake in judgment. This may weigh toward leniency. The Suspension period is usually six months but it may be shorter depending upon the circumstances. During the Suspension, the person gets counselling, does spiritual work, contemplates their actions, etc. After the Suspension period expires, the person can approach the reviewing body to ask to re-commence their teaching activities or allow them to rejoin the community. This body will then determine whether the person has resolved their issues and that it is appropriate for them to return. When making this determination, we will consider whether there has been a sincere apology and contrition, appropriate reparation to the injured parties, rehabilitation, and heart-felt change before the person may return. This decision will be entirely at the discretion of the reviewing body.
- Dismissal. The facts show that the person's actions were so serious that they warrant dismissing the person from the studio or community. The person is dismissed, and their employment, independent contractor agreement and/or membership is terminated.

We will not allow anyone to retaliate against any person for making a report in good faith or providing information in connection with an investigation into an alleged violation.

Any information provided during a grievance report review will be treated on a confidential basis. Similarly, any actions that the taken in response to the report will also be confidential.

IV. ANTI-RETALIATION POLICY

We prohibit retaliation against anyone for reporting a violation of our Code of Conduct or other policies, or for participating in an investigation relating to a violation of our Code of Conduct or other policies.

We encourage any person-including employees, non-employees, and students-who believe they have been subject to retaliation to inform a supervisor or manager.

POLICIES

V. ATTENDANCE POLICY

We require 100% attendance at AWHI yoga teacher training to graduate and receive a certificate of completion from our programme. Attendance will be taken throughout the training. In the case of any emergency absences, please notify the lead facilitators immediately.

If a student has planned absences that conflict with attendance in the program, please contact the lead facilitators to discuss options. Each student is responsible for scheduling make-up time with one of the lead trainers. Students must pay an additional cost for private make-up sessions with a teacher at the rate of $80 per hour (unless negotiated otherwise).

Each student is expected to be at each session before the start time in order to set up, and so that the training may start on time.

A leave of absence from the program will be granted due to medical disability or other extraordinary circumstances at the discretion of the program director. In this case our refund policy will apply to unused tuition and the student must reapply for the next available session and pay the difference, if any, of any remaining tuition and/or any related administrative fees. If tuition is increased for the next available session, the student must pay the higher rate.

VI. REFUND POLICY

Notice of Cancellation: The program requires that any notice of cancellation or withdrawal by a student must be provided in writing (email will suffice).

Deposit: Upon acceptance into the program, the applicant must pay a deposit of $1,000 to hold the applicant's place in the programme. Your $1,000 deposit secures your space in the programme.
If the applicant cancels thirty (30) days or more before the start of the programme, the applicant will forfeit $500 of the deposit and the remaining balance will be refunded.

There are no deposit refunds within 30 days of the start of the programme.

POLICIES

The program tuition fees are non-refundable. If a student must withdraw from the program for special circumstances, the program may give a partial refund to the student in the exercise of its discretion. Any funds paid to teachers for private tutoring, however, will not be refunded if those services have already been rendered at the time of withdrawal.

The program will not give any refunds or credits after the training starts. The program reserves the right to cancel any training before it begins. In that case any payments applicants have made will be refunded in full.

CONTINUING EDUCATION PROVIDER
YACEP

AWHI
YOGA SCHOOL

Level 2, 15 Johnston Street, Wellington CBD
kiaora@awhiyoga.co.nz | awhiyoga.co.nz
@awhiyoga | +64 4 499 5006