

# yogasanctuary

the studio with soul



100-hr Yin Yoga Teacher Training 2024  
- with Yujmu and TJ Maher



# YIN YOGA TEACHER TRAINING AUCKLAND

100-hr Yin Yoga Teacher Training with TJ Maher.

## A SANCTUARY FOR THE SOUL

Familiarity & consistency fosters growth and for that you need sanctuary. Yoga Sanctuary is a space rooted in bringing a soulful, savvy experience to your practice. A place where one can confidently and comfortably take the time to look inward and evolve. Surround yourself with support this year in our Yin Yoga Teacher Training Course.

## CONTENT SEGMENTS (8-10 DAYS)

This training spans 10 consecutive days to adapt around the class schedule. Below is the sequence of content through the week and an overview of that day. This is a general outline as this content overlaps or shifts to span the pace and dynamic of each group.

### Settling YIN to Yin

#### [Stage 1]

- Opening Circle & Orientation
- Yin Yoga Session - Standard Style
- Yin Yoga Essentials Lecture
- Standard Asana Lab

### The Subtlety Of Meditation

#### [Stage 2]

- Yin Yoga Session - Modified Standard Style
- Sharing Circle
- In-depth Meditation Overview Lecture
- Standard Asana Lab

### Anatomy For Yin Yoga

#### [Stage 1]

- Yin Yoga Session - Standard Style
- Sharing Circle
- Anatomy Of Yin Yoga Lecture
- Standard Asana Lab

### Getting Subtle: Breathing

#### [Stage 2]

- Yin Yoga Session - Guiding Variation
- Sharing Circle
- Breath Lecture
- Standard Asana Lab

### Deep Dive Into Anatomy

#### [Stage 1]

- Yin Yoga Session - Modified Standard Style
- Sharing Circle
- Deeper Anatomy Lecture
- Standard Asana Lab

### Getting Subtle: Chi

#### [Stage 2]

- Yin Yoga Session - Guiding Variation
- Sharing Circle
- Chi Lecture
- Non-Standard Asana Lab

## Teaching Without Teaching

### [Stage 3]

- Yin Yoga Session - Silent Mysore'esque Variation
- Sharing Circle
- Teaching Lecture
- Non-Standard Asana Lab

## Advanced Yin Yoga

### [Stage 3]

- Teaching Practice - Student Guided Yin Session
- Feedback Circle
- Sharing Circle
- Tao Lecture
- Non-Standard Asana Lab



## Getting Subtle: Chakras

### [Stage 3]

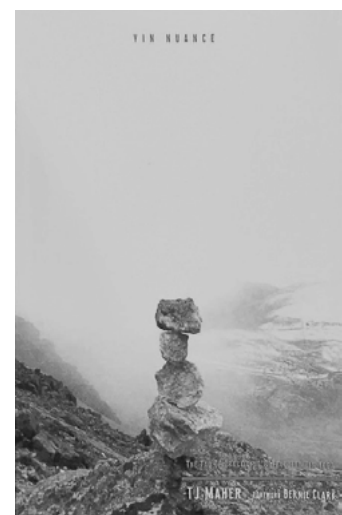
- Teaching Practice - Student Guided Yin Session
- Feedback Circle
- Chakra Lecture
- Guided Chakra Meditation
- Non-Standard Asana Lab
- Closing Circle

## TRAINING MATERIALS

### YIN NUANCE BOOK

- Printed hardcopy 4x6 book [fits perfectly into your yoga bag]
- Included for all attendees as part of their welcome materials
- Written by TJ Maher from decades of teaching experience
- Foreword by Bernie Clark
- Available to the public worldwide through select Yoga venues

TJ's recently published book *Yin Nuance: The Tao Of Practicing & Teaching Yin Yoga* pairs with our Asana Decks as the official manual for the training. This book was written with Yin Yoga Teachers specifically in mind. It elaborates on content from the training and lectures as well as introducing supplemental concepts helpful for those wishing to teach Yin or add new wrinkles into the teaching repertoire. We are also honoured to have Yin Yoga legend Bernie Clark provide the foreword for the book.



## ASANA DECK

- 46 Unique Printed 4x6 cards
- Exclusively included for each attendee at the trainings and not available anywhere else.
- These are custom designed for our curriculum and students.

The Asana Decks are 46 cards depicting each Yin asana that you will study. They were created in-house when we realized it was the perfect way to study and learn the asana. In addition they are excellent for putting together quick sequences, just flip through grab the few cards you need and bring them to the studio to teach from. Finally, they allow for a simple way to simulate for your home practice the feel of having a teacher guiding you.



*"The way I tell students to use them for this purpose is to pull cards at random during your practice to have the next pose you do randomly selected similar to the feel of not knowing what a teacher in class will have you do next."*

TJ Maher

## LECTURE EBOOKS

- 8 Digital PDF eBooks accessible on desktop, tablet and phone devices and all OS
- Exclusively available to attendees after the trainings and not available anywhere else
- These are custom designed for our curriculum and students

There are 8 lectures in the YUJMU training covering a variety of topics and each lecture is provided to the students as a digital eBook in PDF for ease of access on all devices. We put a tremendous amount of content into our curriculum and the eBooks are our way of ensuring that our students have access to that information after the training to refer back to and cross reference with their notes.



# THE YUJMU CERTIFICATION CURRICULUM

## Framing • Attuning • Synthesizing

The aim of our program is to make the best Yin Yoga Teachers possible, empowering you to be confident and equipped to teach Yin Yoga anywhere, anytime. The YUJMU Certification sets new global Yin Yoga Teaching standards via two pathways:

Continually analyzing the current global meta of Yin Yoga Teaching and Yin Yoga Trainings so that we stay ahead of new developments in worldwide concepts & understanding in the field.

Stripping everything down to find the bones of Yin Yoga. While keeping on top of changes in the global knowledge-base is of a high priority the essence of the practice is always returned to.

## YUJMU 12 Key Standards

Our curriculum is designed to ensure students at minimum achieve these 12 standards but many students may develop a much deeper understanding during the course. This is due to the difference of previous experiences the students come in with when they first arrive, the emphasis on personal exploration in the practices presented and the cumulative experience of the training as a whole.

### Trainees Will Demonstrate:

1. A foundational level of understanding of the body, bones, joints, fascia and muscles.
2. An ability to understand and implement practices related to the Subtle Body.
3. A foundational level of academic understanding of the philosophy relating to Tao and Zen.
4. An ability to apply some of these philosophical concepts to the practice of Yin Yoga.
5. A foundational level of academic understanding of meditation.
6. An ability to implement a meditation practice, particularly Zazen.
7. An ability to implement a self observant state of mind or to slow down and be more observant of what is happening in their body.
8. A foundational level of Yin Yoga lineage knowledge and an understanding of cultural context for Yin Yoga in particular and their own thoughts/feelings in general.
9. An ability to self implement and refine practice techniques presented throughout the training.
10. An understanding of some styles for guiding practice as demonstrated in the guided Yin sessions.
11. An understanding of the nuance of Yin Yoga and how to explain it to others from their own experience of the practice.
12. An ability to safely teach and manage the experience of students while guiding a Yin Yoga session.

## 8 Elements Of Excellence

To achieve and maintain our 12 Key Standards we have developed, refined and integrated certain elements throughout the training curriculum.

### 46 Asana

We include a lot of asana and that is because we include upper body, lower body and smaller muscle targets. Plus we highlight variation poses due to their importance in refining tissue targets.

### Immersion Only

We have been asked to offer shorter trainings and while it is possible to do we don't feel the end result is as deeply informed a Yin teacher as we have the potential to manifest.

### Meditation & Subtle Body Fully Integrated

We feel yin yoga is a practice of the subtle body and meditation and so must include a heavy emphasis on each to fully comprehend this style of yoga

### Indepth Anatomy

We feel anatomy is something that is always helpful to refresh so even if students have some anatomy training we provide additional and have been told that in some cases we go more in depth than some 200 hour trainings

### Student Centered

Our decades of teaching has taught us that dialogue helps process information tremendously and so we take a multiple intelligence approach to learning (read more about that soon)

### Top Shelf Materials

We have an art background so we spare no expense when it comes to crafting materials of the highest professional aesthetics and attention to detail

### The Tao Te Ching

We only have one required reading for this training because to us everything is in the body experience but the philosophy is central and best understood by the pinnacle of Taoist discourse which is this book by Lao Tzu.

### Advanced Yin

We are cautious of this term but feel that it is best embodied in teaching yin so we let students know even they don't plan to teach it is here that they will find their advanced practice



# A DAY IN YOUR YIN LIFE TRAINING

## What to generally expect when you attend a training -

Spoiler Alert: \*SMOOTHIES

We have so much fun crafting our daily and weekly schedule. This page will give you a sense of what you can expect logistically.

### We provide roughly 3 main phases to your day:

1. Each day begins with a cozy guided Yin session followed by a sharing circle to check in with everyone.
2. After a short break we get into a lecture or asana study each day.
3. Then after our longer break we finish the day with another lecture or asana study depending on the day and if the group seems like they need mental work or physical work :)

*We would schedule smoothies around the clock but we find it's important to spend a good chunk of time studying & practicing too.*

Time-slot A includes a short snack break; let's be real though this is a smoothie break for us. Soon after we jump into some lecture or on some days we will do some Asana Lab. Let's call this time-slot B which goes right up to our larger break time. Depending on the time of day this is our Lunch or Dinner time or time for a nice long walk :)

The final time slot of the day is either lecture or Asana Lab whichever we didn't do earlier. Let's call this time-slot C which takes us right up to the end of each day which varies based on when we began the day. This part of the day is the most flexible and we adjust as needed.

- time-slot A = morning practice + sharing circle
- time-slot B = lecture and/or asana study
- time-slot C = lecture and/or asana study
- Asana Lab



# DURING YOUR YINMERSION WEEK

The first third of the week covers the basic asana as well as the lectures on Yin Yoga and Anatomy. The second third of the week covers all of 4 meditation based lectures plus additional asana. The final third of the week covers teaching, the Tao Te Ching, the final asana and the Teaching Practicum.

## What you can expect to have everyday of your training is:

- Lectures
- Sharing Circle
- Dialogue
- Notes + Journaling
- Dialogue
- Meditation Methodology
- Yin Yoga Sessions
- Yin Yoga Teaching Styles
- Breaks

Minimizing the practice & slowing the mind can be the hardest thing to learn.

## YIN YOGA

Covering all of the essential components for a thorough understanding of Yin Yoga as a practice.

- Yin Yoga Methodology
- Pain
- Target
- Threshold
- Yin Yoga Lineage
- History
- Stress

## ASANA

Studying the key points of each pose and testing them to develop your own inner experience-base.

- Standard Yin Asana
- Non Standard Yin Asana
- Creativity
- Play
- Familiarity
- Cautions
- Targets

## MEDITATION

A full introduction to all things meditation. Laying a solid foundation upon which to develop a practice and apply this integral aspect of Yin Yoga.

- Zazen
- Purpose
- Postures
- Breath
- Styles
- Components

## ANATOMY

Diving deep into the biology of the human body and the tissue dynamics involved in a physical practice such as Yin Yoga.

- Muscles
- Joints
- Bones
- Connective Tissue
- Fascia
- Anatomical Variation

## CHI

Finding ways to cognitively and physically relate to this often misunderstood characteristic of our body and life.

- Meridians
- Applications
- Chakras



## TEACHING

Only when we have to learn to share what we have learned do we truly learn it. Unraveling all of the components of Yin Yoga in order to put them back together again in our own way to teach it.

- Atmosphere
- Cueing
- Performance
- Music
- Sequencing
- Voice

## TAO

Discussing and contemplating the philosophical underpinnings of Yin Yoga. What this practice truly is and where it leads is not the body or the mind.

- Philosophy
- Interpretations
- Tao Te Ching
- Language
- Nature



*Dear God / Universe / GreatSpirit*

*May all merit generated from these endeavors be not bestowed onto us but be sincerely given to all beings for their benefit, enlightenment and freedom from suffering.*

# YIN YOGA TEACHER TRAINING AT THE YOGA SANCTUARY AUCKLAND

**Saturday, 3 February – Sunday, February 2024**

## Earlybird rates until 31 November, 2023

\$1,683 – single

\$3,200 – yin-mate (for you and a mate)

## Pre-course until 20 February, 2024

\$1,990 – single.

\$3,840 – yin-mate (you and your mate)

\$400 deposit that is non-refundable after 31 November, 2023

Last minute: \$2,400 on the day

Contact Natasha if you have any questions.

[natasha@yogasanctuary.co.nz](mailto:natasha@yogasanctuary.co.nz)

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## TJ MAHER - YIN YOGA TEACHER

TJ's yoga story began when he received a book, the Tao Te Ching, as a gift from his sister 18 years ago. The book poetically explores ideas that resonated with him then and continue to guide him today. Several years ago TJ's journeys finally led him back to Taoism via Yin Yoga. He began with Bernie Clark's 60 hour Yin training in Vancouver. Next, he studied with Corina Benner in her 30 hour Yin training in New York.

After that he found Stephanie Calhoun and took her 100 hour Yin training in New Brunswick. TJ liked Stephanie's teachings so much he chose to pursue his 200 hour Yoga teacher training with her. From there he continued with her 100 hour Chakra training and 100-hour Restorative Yoga training, completing his 500-hour training in 2015.

In November of that year TJ completed a 30-day solitary self-guided meditation retreat at Milarepa Center in Vermont.

## THE SELF-EXPLORATION OF TJ MAHER

With an Master of Fine Arts and 6 years as a grade school art teacher, TJ has a deep appreciation for the journey of self-exploration that is essential to learning. That plus with traveling, reading countless books, and over a decade of meditation, TJ decided that the inward journey would be his focus. He began seeking out teachers to deepen his understanding and go beyond the limits he had reached on his own.

He took up residence at CAVE in Brooklyn NY. CAVE is a Butoh Dance and performance space, where he began to study movement with several visiting teachers from Japan. During that time he also began practicing Shaolin Kung Fu and Tai Chi with Sifu Shi Yan Ming – a 34th generation Shaolin Temple monk.