

H Æ T Y O S T U D I O



## 70hr Yin Yoga Teacher Training with Nicky Hadjithoma

### **The Training:**

This Yin Yoga teacher training is a comprehensive training programme, designed for teachers and practitioners interested in understanding the anatomic and energetic theories of yin yoga. This training will unpack the theoretical aspects of the practice, whilst also covering the practical aspects of how to teach.

To support the theoretical lectures and discussions, interactive posture labs will be provided, offering students the opportunity to learn through the practice of applied anatomy. Structured teaching labs will also be incorporated, allowing students to apply the principles of functional anatomy and modern meridian theory into how to actually teach a class.

Graduates of this Yin Yoga teacher training will not only understand the various theories behind this beautiful practice, but will also leave with the necessary skills to sequence and teach a thoughtful and competent yin yoga class.

The training will be split into three parts:

- Theory and Practice of Yin Yoga
- Functional Anatomy
- Chinese Medicine Theory (Meridians in Yin Yoga)

### **Curriculum:**

This training is designed to give a comprehensive foundation in all aspects of yin yoga. Upon completion, you will have gained the most essential skills necessary to confidently teach Yin Yoga to all levels.

#### **A) Theory and Practice of Yin Yoga**

- Learning Model: Shavana, Manana, Nididhyasa
- History of Yin Yoga
- Yin and Yang Theory
- Basic Yin Poses
- Aesthetic Vs Functional Yoga Practice
- Sutra for Functional Alignment
- Yin Yoga Anatomy Practices
- Yin Yoga Meridian Practices
- Prop Usage in Yin Yoga
- Modifications and Safety in Yin Yoga
- Teaching and Sequencing Methodology
- Teaching Labs

## **B) Anatomy of Yoga & Fascia Study**

- 14 Skeletal Segments & Movements
- 10 Muscle Groups: Target Areas
- 7 Groups of Archetypal Yin Yoga Poses
- Anatomy and Movement of Hip
- Skeletal Variations (Hip)
- Range of Motion Tests/ Posture Analysis Labs (Hip)
- Three Layers of a Joint
- Tension and Compression Theory
- Three Types of Muscular Contraction
- Theory of Exercise
- 4 Myofascial Compartments of The Thigh
- 6 Myofascial Compartments of The Torso
- Analysis of Yin Yoga Poses

## **C) Traditional Chinese Medicine (TCM)**

- Fundamentals Of TCM
- Yin & Yang Philosophy
- Modern Meridian Theory
- Meridians and the Viscerals (Zang Fu)
- Meridian Pathways
- Causes and Symptoms of Qi Disruptions
- Meridians and The Emotions
- Hand and Foot Meridian Points
- Five Colours and Five Tastes
- Meridian Clock
- Meridian Nidra

### **Certification:**

Students who attend 100% of the training will receive a 70hr Yin Yoga Teacher Training certificate from Pure Yoga International. These training hours can be added towards your Continuing Education with the Yoga Alliance.

### **Daily Schedule:**

**Date:** Saturday 12<sup>th</sup> September – Sunday 20<sup>th</sup> September (\*\***Wednesday 16<sup>th</sup> Off**)

12 <sup>th</sup> September	Training
13 <sup>th</sup> September	Training
14 <sup>th</sup> September	Training
15 <sup>th</sup> September	Training
<b>16<sup>th</sup> September</b>	<b>Day Off</b>
17 <sup>th</sup> September	Training
18 <sup>th</sup> September	Training
19 <sup>th</sup> September	Training
20 <sup>th</sup> September	Training

Morning: 8am – 12pm

Afternoon: 1.30 – 5.30pm

*\*\*Small breaks will be given intermittently*

**Venue:**

Hot Yo Studio

Jalan 24/70a, 26-2 & 28-2, Desa Sri Hartamas, 50480 Wilayah Persekutuan,  
Wilayah Persekutuan Kuala Lumpur, Malaysia



**Tuition Fees:**

Earlybird Hot Yo member (Ends 12 <sup>th</sup> June):	RM4,336
Earlybird Non-member (Ends 12 <sup>th</sup> June):	RM4,878
Regular Price (13 <sup>th</sup> June onwards):	RM5,420

**Registration:**

To register contact: [info@hotyostudio.com](mailto:info@hotyostudio.com)

Payment can be made using direct bank transfer or credit card only.

**Bank details:**

Bank: Maybank Berhad  
IBAN or Swiftcode: **MBBEMYKL**  
Account: Hot Yo Studio  
Account no: 5647 2667 6400  
Email: [info@hotyostudio.com](mailto:info@hotyostudio.com)

*\*\*Please let us know once the transfer has been made, sending through a reference number, so we can hold your space until payment has cleared.*

**Credit Card:**

Payment can be made in person via credit card at Hot Yo studio, or make a payment via Paypal to: <http://paypal.me/HotYoStudio>

*\*\*Please note that a 20% deposit is required to secure the space, however the full payment can be made in one transaction, if preferred.*

### **About Nicky Hadjithoma:**

Nicky is an E-RYT500 with the Yoga Alliance, a registered YACEP provider, and the senior teaching assistant to leading international yin yoga teacher trainer, Jo Phee (Founder of the School of Yinspiration Yin Yoga).

Nicky first discovered yoga in 2007, during an important crossroads in her life. Having been a bit of a wild child, she began seeking a new way of life. Over time, her practice has given her the inner strength and resilience to deal with the complexities of life and helped to relieve her long-suffering issues with anxiety and depression. As such, Nicky believes yoga to be the ultimate healing practice and tool for transformation.

Informed by her studies of Western anatomy and Eastern philosophy, Nicky's practice and teaching focus on exploring and nurturing a yin-yang balance on the journey towards physical, mental and emotional well-being. Her classes are a blend of functional alignment principles, modern meridian theory, and the art of Mindfulness Meditation. She guides students to understand their unique physicality, explore their inner landscape, and connect to the more subtle, energetic qualities of the practice. Nicky's goal is for students to cultivate the self-awareness required to help them along their own healing journeys. Her strong nature combined with her warmth and sensitivity bring an empowering yet nurturing feel to her classes.

Nicky is extremely grateful to her yin mentor Jo Phee for her ongoing influence and encouragement – as well as to her yang teacher Patrick Creelman for his constant support both on and off the mat. Having studied yin yoga for many years under the personal guidance of Jo Phee, Nicky has become Jo's senior teaching assistant and is privileged to assist her mentor on various yin yoga teacher trainings around the world. Nicky is the lead yin yoga teacher trainer at Pure Yoga, offering workshops and trainings in various modalities of yin and yin-yang yoga.

Instagram: **@nickyhadjithomayinyoga**

FB: **@Nicky Hadjithoma Yin Yoga - Teacher & Trainer**

