

100hr Yin Yoga Teacher Training

Experience Authentic Yin Yoga at a deeper level. Become a certified Yin Yoga teacher with a 100 hour, ten day intensive training through **TRUST YOGA** at Nour Wellbeing Yoga School in Dahab, Egypt.

22 NOVEMBER - 4 DECEMBER 2023



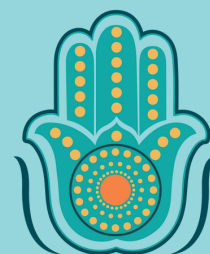
Our 100hr Yin Yoga teacher training, held in Dahab, Egypt will deepen your knowledge of Yin Yoga and the meridian system while offering you a peaceful beachfront setting for self-reflection.

Over the 10 days of training, you will receive the best teaching in both the physical and energetic aspects of Yin Yoga. You will leave the training as a certified Yin Yoga teacher who specialises in helping students connect with their emotions through Yin Yoga and the Chinese meridians.

This course is accredited by Yoga Alliance (USA) and Yoga Alliance International (India). Upon successful completion, you will receive a certificate which will allow you to teach Yin Yoga globally.

*"We don't use
the body to get
into the pose, we
use the pose to
get into the
body."*

~ Bernie Clark ~



About

NATALIE ZEID



500hr E-RYT & YACEP Hatha & Yin Yoga Instructor. 300hr Yoga Therapist certified by Yoga Alliance International. Pneumanity™ Advanced Breathwork Practitioner & Trainer.

As a zealous lover of life, yoga and adventure, I have come to understand that life is about uncovering your passions, finding your flow and following your dreams. With a background in yoga, mindfulness, Breathwork and wellness coaching, I weave together all facets to create unique yoga classes filled with breath inspired movement and purposeful intention to help students reach their goals – on and off the mat. My greatest passion is authentically connecting with others and guiding clients with a sense of mindfulness, positivity and compassion. My deepest desire is to guide others along their personal path to wellbeing, uncovering their authentic selves and living a life of purpose, on and off the mat. Although I have lived in various places around the world, I am currently residing between Egypt & South Africa. As the founder of **TRUST** Yoga, I continue to share my love of international travel through leading yoga teacher trainings and wellness retreats around the world.

Having completed over 1000 hours of yoga training and 5 Yin teacher trainings, I feel compelled to draw together all of the incredible teachings and insights I have learnt from the practice of Yin Yoga. This mature practice has changed my life on and off the mat. Yin Yoga offers a unique opportunity to cultivate gratitude for the body and helps us slow down which is so needed in today's ever increasingly busy and intense world.



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Curriculum

WHAT YOU WILL LEARN

Earn Your Yoga Alliance-Approved Yin Yoga Instructor Certification. Our program provides a comprehensive curriculum that equips students with the skills and knowledge to become confident and competent Yin Yoga instructors. This program follows the standards set by Yoga Alliance (USA) and Yoga Alliance International (India).

Our course covers a wide range of topics, including:

- **Daily Yin Yoga practice consisting of asana, pranayama, meditation, and mantra chanting.**
- **Detailed overview of the history and philosophy of Yin Yoga.**
- **Study of the 5 elements according to TCM.**
- **Introduction to the TCM clock.**
- **In-depth study of the principles of Chinese meridian theory.**
- **Comprehensive survey of the 5 elements of TCM.**
- **Analysis of Yin/Yang theory and the 3 treasures.**
- **Thorough review of the 12 regular meridian pathways and related elements.**
- **Functional anatomy and physiology.**
- **The art of teaching Yin Yoga.**
- **Yin Yoga sequencing techniques.**
- **In depth asana clinic for all classical Yin postures and variations.**
- **Paul Grilley's 7 archetypes theory.**
- **Yoga Nidra theory and practice.**
- **Integrating acupressure into your Yin practice.**
- **Practical teaching assessments, assignments and feedback.**

Daily Schedule

WHAT YOU WILL EXPERIENCE

This is a rough idea of what your schedule will be for the 10 days of training, please note this may be subject to change.

22 NOVEMBER	Arrival and Opening Circle
23 NOVEMBER	Morning Meditation, Yin Yoga Practice, Pranayama & Mantras (1.5 hours) AM Lecture & Practicals (2 hours) LUNCH PM Lecture & Practicals (2.5 hours) PM Yoga Nidra (1 hour)
24 NOVEMBER	Morning Meditation, Yin Yoga Practice, Pranayama & Mantras (1.5 hours) AM Lecture & Practicals (2 hours) LUNCH PM Lecture & Practicals (2.5 hours) PM Yoga Nidra (1 hour)
25 NOVEMBER	Morning Meditation, Yin Yoga Practice, Pranayama & Mantras (1.5 hours) AM Lecture & Practicals (2 hours) LUNCH PM Lecture & Practicals (2.5 hours) PM Yoga Nidra (1 hour)
26 NOVEMBER	Morning Meditation, Yin Yoga Practice, Pranayama & Mantras (1.5 hours) AM Lecture & Practicals (2 hours) LUNCH PM Lecture & Practicals (2.5 hours) PM Yoga Nidra (1 hour)
27 NOVEMBER	Morning Meditation, Yin Yoga Practice, Pranayama & Mantras (1.5 hours) AM Lecture & Practicals (2 hours) LUNCH PM Lecture & Practicals (2.5 hours) PM Yoga Nidra (1 hour)
28 NOVEMBER	Day Off

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29 NOVEMBER	Morning Meditation, Yin Yoga Practice, Pranayama & Mantras (1.5 hours) AM Lecture & Practicals (2 hours) LUNCH PM Lecture & Practicals (2.5 hours) PM Yoga Nidra (1 hour)
30 NOVEMBER	Morning Meditation, Yin Yoga Practice, Pranayama & Mantras (1.5 hours) AM Lecture & Practicals (2 hours) LUNCH PM Lecture & Practicals (2.5 hours) PM Yoga Nidra (1 hour)
1 DECEMBER	Morning Meditation, Yin Yoga Practice, Pranayama & Mantras (1.5 hours) AM Lecture & Practicals (2 hours) LUNCH PM Lecture & Practicals (2.5 hours) PM Yoga Nidra (1 hour)
2 DECEMBER	Morning Meditation, Yin Yoga Practice, Pranayama & Mantras (1.5 hours) AM Lecture & Practicals (2 hours) LUNCH PM Assignments (2.5 hours) PM Assignments (1 hour)
3 DECEMBER	AM Practicals (1.5 hours) AM Practicals (1.5 hours) LUNCH PM Practicals (2.5 hours) PM Practicals (1 hour)
4 DECEMBER	Closing Circle and Departure

There will also be the opportunity to attend some additional yang style yoga classes at Nour Wellbeing Yoga shala during the training.

Please note that this is optional and will be at an additional cost.

Prices

COURSE ONLY

100hr Yin Yoga TTC

800 USD

(Early Bird booking discount of 50 USD off this price if you sign up and pay your deposit before August 31, 2023.)

Included:

- 70 hours in-person training.
- An intimate learning environment.
- Beautiful beachfront yoga shala with all props provided.
- Personal guidance and feedback.
- Training manual.
- Light vegetarian lunch daily.
- Yoga Alliance (USA) and Yoga Alliance International (India) certification upon successful completion of all course requirements.
- Group support before and after the training.

(Payment plans available - please enquire)

Prices

ACCOMMODATION

Superior Room

(12 nights including breakfast daily)

(Facilities include: Refrigerator, Tea & Coffee making facilities, en suite shower room and air conditioning.)



Single Room
720 USD

Twin Room
(per person)
420 USD



Standard Room

(12 nights including breakfast daily)

(Room facilities include: Refrigerator, en-suite shower room and air conditioning.)



Single Room
600 USD

Twin Room
(per person)
360 USD



Accommodation

CORAL COAST HOTEL

Our training home is at Nour Wellbeing Yoga School at **Coral Coast Hotel** in Dahab, Egypt. Nour Wellbeing Yoga School is a beautiful purpose-built yoga shala right on the shores of the Red Sea in Dahab. During the training, you will have the option to stay at **Coral Coast Hotel** or any other local accommodation of your choice. **Coral Coast Hotel** offers superior or standard, single or double rooms with daily breakfast included. A light lunch will be provided daily throughout the duration of the course.

The room pricing includes:

- 1 double or 2 single beds at Coral Coast Hotel in either a superior or standard room.
- Safety box.
- Air conditioning.
- Bathroom complete with hot and cold shower.
- Bath towel.
- Beach towels available.
- Electric kettle.
- Daily breakfast.

The room price does not include:

- Flight costs & travel insurance.
- Additional purchases at the restaurant and gift shop.
- Airport transfers. We can arrange your transportation at an additional cost.
- Gratuity.

Note: Alcohol and the use of recreational drugs are prohibited during the training. Reported students will be removed from the training immediately without refunds/compensation.

Nourishing food

During the training, you will enjoy a daily light vegetarian buffet style lunch at the hotel restaurant. Freshly prepared and local sourced, the meals will be varied daily.

If you have any special dietary preferences and allergies, please let us know at the time of booking.