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Teacher: Nicky Hadjithoma

Location: Yoga Dublin

Date: 20-22 September 2024

## ****Workshop Title:****

## ****30hr Yin Yoga Teacher Training: The Functional Approach****

This Yin Yoga Teacher Training is an intensive programme designed for teachers and practitioners interested in understanding the fundamental theory behind yin yoga, with a strong focus on the study of anatomical variation and how to apply *The Functional Approach* to yoga - developed to encourage a safer, more effective and inclusive practice, for all.

Each day will begin with an experiential yin yoga session, allowing students to immerse themselves fully into the practice - whilst offering insights into the various ways to theme, sequence and teach a yin yoga class.

This is a highly engaging and interactive training. Anatomy labs will be set up for students to carry out range-of-motion tests, so as to analyse skeletal variations and individual biomechanics. From there, we will unpack Paul Grilley’s 14-10-7 method and learn how to apply a *The Functional Approach* to our yin yoga practice.

To support the theoretical lectures and discussions, teaching labs will provide the opportunity to skilfully apply these functional principles into practising and teaching functional, individualized yoga.

This thought-provoking training will not only deepen your appreciation for yin yoga - it will change the way you practise and teach forever – leaving you with a thirst to learn more about human variation and how it applies to all styles of yoga, as well as other movement modalities.

Graduates of this yin yoga teacher training will leave with the knowledge and skills to analyze individual biomechanics, guide students to explore their unique physicality and teach a competent functional yin yoga class.

**Daily Schedule**

This is a three-day intensive training.

Morning Practice: 8:00am – 9:15am

Morning Session: 9.45am - 1:00pm

Afternoon Session: 2:00pm – 6:00pm

*\*\*Short breaks will be given through the day.*

**Accreditation**

This is a Yoga Alliance accredited training. Students who complete the full workshop will receive a YA approved 30hr certificate from Yintelligence School of Yin & Functional Yoga,

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**Curriculum Outline:**

* Yin Yoga Principles & Practice
* The Theory of Exercise
* Three Layers of a Joint
* Tension & Compression Theory
* Aesthetic Vs Functional Yoga Practice
* Sutras for Functional Yoga (Paul Grilley’s 14-10-7 Model)
* Detailed Analysis of 5 Yin Yoga Archetypes
* Prop Usage in Yin Yoga
* Modifications and Safety in Yin Yoga
* Hip Anatomy 101
* Physiology and Kinesiology (Hip)
* Skeletal Variation & Individual Biomechanics (Hip)
* Functional Applied Yoga Anatomy Lab (Hip)
* Analysis of  Yin Yoga Poses (Hip)
* Teaching Methodology
* Teaching Labs: Target Practice

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**About The Teacher:**

Nicky Hadjithoma is an internationally renowned senior teacher (ERYT500/ YACEP), known for her tenure as Lead Yin Yoga Teacher Trainer at Asia’s leading studio group, Pure Yoga.

Having been the Primary Lead Assistant to Jo Phee for close to a decade, she is one of the few trainers worldwide endorsed to teach the Paul Grilley method.

With over ten years full-time teaching experience, Nicky’s knowledge in yin and functional yoga has been gained from teaching thousands of hours of public classes, to a diverse mix of students.

In 2021, Nicky moved back to Europe, where she founded the Yintelligence School of Yin & Functional Yoga and stepped into the role of a travelling teacher trainer.

Alongside her long-term mentorship, Nicky has had the privilege of studying with some of the world’s leading teachers in the fields of yin yoga, anatomy, mindfulness, psycho-emotional and Compassionate Inquiry, including Paul Grilley, Sarah Powers, Bernie Clark, Joe Barnett, Josh Summers, Biff Mithoefer, Tara Brach, Jack Kornfield, Tiffany Cruikshank, Sat Dharam and Gabor Maté, to name just a few.

The specialised Yintelligence curriculum is developed around Nicky’s areas of expertise in applied functional anatomy (skeletal variation and individual biomechanics) - to encourage accessibility and inclusivity in the yoga community – as well as the power of yin yoga to cultivate emotional intelligence, foster resilience and support psycho-emotional and spiritual growth.

Nicky currently lives in Cyprus and travels between Asia, Europe and the Middle East offering both in-person and online, the full Yintelligence teacher training syllabus.