

# Yogafurie

academy  
learn • train • teach

**Yin & Yang, Fascia, Meridians & Practice**  
300 hour Advanced Teacher Training



## Course outline

This course is for Yoga and Hot Yoga teachers, and regular practitioners, who want to explore energy and Yoga asana in depth.

The course analyses the acupuncture meridians of Classical Chinese Medicine, and our underlying myofascial structures and meridians. We relate these, and explore both through breath, Yin Yoga and stronger Vinyasa practice.

You'll also study meditation to improve concentration and focus, so that you can spend more time with and within yourself during our work together.

Read on to learn more about the course and how it can transform your Yoga teaching and practice.



## Course logistics

300 contact hours with a senior Yogafurie Academy instructor or recognised subject matter expert.

16 teaching weekends, one per month September 2020 – December 2021 inclusive. A one-week retreat in Dartmoor (May 2021). Full schedule on [yogafurie.com](http://yogafurie.com)

The course is registered with Yoga Alliance. Combine your new 300-hour and previous 200-hour training to apply for RYT500 status.

The course costs £3595. You get a discount of £300 if you pay in full before 1st September 2020. A deposit of £595 secures your spot. You can clear the balance in 12 monthly payments of £250, collected September 2020 – August 2021 inclusive if you like.

Deposits and fees are not refundable if you don't attend or complete the course for any reason.



## *Course details*

You'll study the acupuncture meridians and learn to locate key points. We explore the meridians through Yin Yoga, and learn to design Yin practices that target specific meridians. We marry this with extensive breathwork and reflect on the energetic effects. You will have opportunity to practice teaching the new concepts you've learned.

You'll study fascia—both as a physiological structure, and as living tissue through palpation and movement. We explore biotensegrity and the meridian-like scaffolding that myofascial structures provide. Stronger Vinyasa practice is our gateway into this physicality. Again, we marry this with breathwork and reflect on the energetic effects. You'll be given opportunities to practice teaching based on these new principles and techniques.

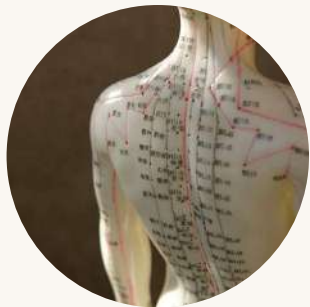
We'll look at the correlations and links between myofascia and acupuncture channels. Through our work with asana and breath, we can develop a felt and present body awareness that links understanding, energy, and flow as the body in wholeness.

As such, this course invites you to explore the physical and energetic structures and flows in your own body-mind. You're equipped with the knowledge to understand these, and with tools to work on them for yourself. There'll be group and partner work, allowing you to recognise and read patterns in others.

There are some assignments to work on for yourself. Through these, you'll develop your understanding and find way to apply your new skills to real-world scenarios.



# Study modules



## *Yin Yoga and energy meridians*

Principles of qi, study of the energy meridians and their relationship to Yin Yoga. Building, practicing and practice teaching targeted Yin Yoga sequences. Basic qigong energy work and calming pranayama practices.



## *Meditation*

Meditation from first principles: studying pratyahara to draw attention and focus inward, and dharana to hold this focus as a platform for deep awareness practice.



## *Breath and body support Yang practice*

Anatomy revision, with a special focus on fascia and tensegrity. Body-reading and palpation to locate key structures. Exploring the relationship with Yoga asana through stronger Vinyasa practice. Practise building and teaching targeted sequences. Integrating this through stronger, more energising pranayama practice.



## *Unite Yin and Yang*

Looking at the documented correlation between acupuncture channels and fascia meridians, working with essential Yoga kriyas that already exploit this relationship. Mantra to feel and invoke a vibrational energy quality. We ask: "What is emergent consciousness?" as we recognise ourselves to be more than the sum of our energetic and physical parts.

## *Is this course for you?*

Our understanding of the human body and the human condition is changing rapidly. We now know that much of our internal support and body function is enabled and mediated by the web of fascia inside. And we've learned that our emotions and attitudes are all bound up in the body's physiology.

Today's Yoga teacher—and any practitioner diving deep into Yoga—needs a platform to learn about and explore fascia and energy.

Our exploration starts by looking at energy and fascia separately, studying one through Yin Yoga and Classical Chinese Medicine and the other through fascia, as revealed in stronger Vinyasa practice. Ultimately, the Yogi looks for the One behind the appearance of two, so we work with meditation and breath to open up to underlying unity.

If you are a Yoga or Hot Yoga teacher already, or a regular practitioner wanting to look deeper in a very practical way, then get in touch.

This course will give you the opportunity to teach. Learning to communicate the things you've learned will mean that you can help people, even if you don't teach professionally.



# About Yogafurie Academy

Our courses are designed around some guiding principles



## Contact hours

None of your hours are made up in your own time (although there will be assignments for you to work on at home). So, our 200 hour courses feature at least 200 contact hours. Similarly, 300 hour courses feature at least 300 contact hours with a senior instructor or recognised subject matter expert.

## A maximum of 16 people admitted

Course numbers are capped because it's essential that you get the personal attention you need, when you need it.

## Evidence-based

What you learn comes from established medical fact and recent research, or from some of Yoga's most important historical practice manuals.

## Breadth of learning

We will provide expert instruction and guidance for each study area.

In addition, you can develop new language skills to communicate your knowledge in an a safe, appropriate and engaging way.

Together, we'll plan and build Yoga practices that can build your skill and help others.

## Your support network starts here

We promote and build a supportive practice community in every group of students. And here at the studio we're here to help: your course leader is on hand to discuss work and progress, and you'll have access to a professional mentor. Yogafurie Academy is a very successful training provider, and we'll bring all our skill, knowledge and reliability to your course experience.

**For more information or to register, call 0117 403 1678, email [info@yogafurie.com](mailto:info@yogafurie.com) or visit [Yogafurie.com](http://Yogafurie.com).**