

LET THE YIN BEGIN

YIN TEACHER TRAINING

SEPTEMBER 21 AND 22, 2018

REGISTER NOW:

Fill out registration form (at the end of this document) and email or return with your payment in full made payable to Carolyn Tracy. The full training is \$750. This payment is due no later than August 15, 2018 and will ensure your space in the September 21 and 22, 2018 training and is non refundable. Send deposits to 4071 W. Lakeshore Drive, San Ramon, CA 94582-- or use [Cash app](#) and or [Pay Pal](#).

REFUND POLICY:

Your payment is NON REFUNDABLE regardless of cancellation. (We may transfer your tuition to a future training). Full refunds shall be made if Let the Yin Begin cannot facilitate the training for any reason. In case of medical emergency and with a formal notification from a medical doctor, a CREDIT will be issued for a future training.

LOCATION: 2217-N San Ramon Valley Blvd, San Ramon, CA 94583. Nearest exit is Crow Canyon Road off highway 680. (925) 788-1166 or text. Please note addresses where to send deposits and locale of training are different.

SCHEDULE: Try to arrive @ 8:00 a.m. but NO LATER THAN 8:30 a.m. on Friday morning to attend your first Yin yoga class taught by Carolyn Tracy. Class begins promptly @ 9 a.m. and completes at 10:30 a.m. Our training will begin at 10:45 a.m and run until 5 p.m. sharp. (Note, we must be out of the room no later than 5 p.m. Friday night for a public class.) Saturday begins at 9:00 a.m. and will run to 6:30 p.m. approximately. Ending times will vary with number of participants and time needed for teaching/evaluation. Participants limited to 12. Take this varied schedule into consideration when booking accommodations and flights.

NEARBY AIRPORTS. Both Oakland Municipal and San Jose Mineta are approximately the same distance. And both come with traffic issues depending when you arrive. Approximate distances to the training are about 35 miles for each airport. If you choose Oakland, you can travel through Crow Canyon Road to cut the travel distance to 20 miles, but you will hit traffic in the Bay Area pretty much 24/7. Plan accordingly. The Bay Area traffic is consistently iffy.

NEARBY HOTELS: Courtyard Marriot, 18090 San Ramon Valley Blvd, San Ramon www.marriott.com (925) 866-2900. This motel is located on the corner of Crow Canyon Road and San Ramon Valley Blvd, and is within easy walking distance of The Yoga Fusion. San Ramon Marriott 2600 Bishop Drive, San Ramon. www.marriott.com (925) 867-9200. You could walk, but a taxi/Uber would be easier or rental car. The distance is approximately two miles. (Allow 1/2 hour walking time). This hotel is in the same center as Whole Foods, Target, and many eateries.

MEALS: Pack snacks to eat while in the training..fruit, nuts, etc. There will be breaks and inside the center where The Yoga Fusion is located there is Café Atila (great food, bakery, breakfasts, lunches and more) www.cafeatilla.com. There is a Mountain Mikes Pizza, Three Brothers Chinese restaurant, a donut shop next door, as well as an Indian Food Restaurant called Namaste. Bring water, stay hydrated.

WHAT IS IMMERSION:

Expect to play hard as well as work hard! These two days are devoted to helping you become the very best Yin yoga instructor you can be. Plan to explore nearby towns, San Francisco, etc. before or after your training. We'll be sitting on the floor a lot, exploring the poses on the ground on our mats, and I'll provide chairs if needed. This is a physical training. There will be ample stretch breaks.

WHAT TO EXPECT:

We'll examine 32 Yin yoga postures, studying how to modify each pose to fit an individual's needs. We'll discuss proper hold times, getting into and out of postures, what meridians are affected during the Yin asanas, counterposes, as well as discuss the benefits of Yin yoga, philosophy/history. You'll receive 20+ formulas for success-- Carolyn's own secrets for catapulting her business (and yours), a full guidebook/training manual with pictures of all asanas/modifications, as well as tips on how to successfully market yourself to get started immediately upon completion. You will also receive three sequences to take with you to begin confidently teaching upon graduating. We'll have plenty of time to teach to each other, open discussion, question and answer time. We'll refer to Bernie Clark's "The Complete Guide to Yin Yoga" often in class. Please purchase this either through Amazon or www.yinyoga.com (resources) and have the first three chapter read prior to attending the Training. You'll be invited to join our private Facebook group just for graduates of Let the Yin Begin to connect and get answers to your questions.

WHO CAN REGISTER:

The course is intended for teachers with a minimum of 200RYT hours who wish to master the art of teaching Yin yoga safely and effectively. This training may be ideal for those wishing to enhance their own Yin practice and dive deeper into all things Yin. Must be 18 years of age, complete the registration (at the

end of this document); have English skills to communicate (read, write and speak), have no severe medical condition, have reviewed the program details thoroughly, and who've completed a minimum of 5 Yin yoga classes prior to beginning.

EVALUATION:

In order to successfully graduate from Let the Yin Begin's Training Immersion, the following evaluation criteria must be met. 80/100- 80% pass rate of the quizzes and final examination. There will be a final examination at the end of the two day immersion. A 27+ question exam with an allotted time of 30 minutes to complete. Final exam will be reviewed immediately upon completion. If qualified, you will receive a Certificate of Completion via mail ten days post training provided all fees have been paid.

UNIQUE BENEFITS:

The classes will be capped at 12 students. Small enough to get your questions answered and really immerse yourself into an intimate training atmosphere enabling you to hear all of the content, understand it, then translate it into your own teaching. It's large enough to ensure a dynamic, engaging and worthwhile training. You'll receive my personal blueprint for success, unique teaching tips which helped to catapult my own teaching, as well as three sequences to take home and begin teaching immediately with confidence. I won't leave you hanging. I provide many ideas how to market yourself, get yourself known, even audition for jobs. After the training, you'll have access to me via private email with response time less than 48 hours, as well as our private Facebook group (Let the Yin Begin Graduates) whereby we can gather, inquire, and stay relevant while sharing worthy and fun information with other graduates.

MEET YOUR TEACHER:

I'm Carolyn Tracy, an experienced yogini with some 45 years of yoga practice under my belt (I've stopped counting). When I took my 200 RYT training, I met Lisa Jang, an experienced teacher in all things Yin yoga and bones! While I loved my training, the YIN is what spoke to me. In fact, it shouted! As a former competitive gymnast and dancer, I feel I have been hard on my body-- which is good. However, my plan is to continue to age with mobility, grace, and ease. I am married to a busy caterer who is gone a lot and have no children (exception four-legged kids); thus I have plenty of time for yoga studies, practice, teaching and my life is pretty much steeped in yoga! I will guide you through a fun, worthwhile teaching experience, I'll light your flame of passion for Yin teaching as well. I'll teach you as much of my effective, worthwhile training experience as I can. We'll be bringing Yin yoga out into the world together and professionally! I am now ERYT as well as YACEP (Yoga Alliance Certified Educational Provider) and this course is fully accredited to provide CEU credits.

FREQUENTLY ASKED QUESTIONS:

What are the pre-requisites of this training? Please make certain to have attended five Yin yoga classes prior to the training. Purchase Bernie Clark's [The Complete Guide to Yin Yoga](#). This is available on Amazon and or Bernie's website www.yinyoga.com. Please have minimum three chapters read before arriving. Make time for this! Take your immersion training serious.

Must I purchase my own text book? Yes. This is an additional expense. This is also the textbook we'll refer to during our training. This paperback sells for approximately \$10.70.

When I leave, will I be able to teach Yin yoga immediately? Yes, you are welcome to teach Yin yoga in a studio or facility if the management agrees to this. In most cases, your Yin Yoga training will suffice as long as you are only teaching Yin. There is no accreditation with Yoga Alliance, but most studios will hire/welcome you for Yin teaching. There, IS, however, continued education credits for those Yoga Alliance members.

Must I be fluent in English? We welcome all ethnicities, however, speaking, reading, writing English is imperative.

What if I'm new to Yin yoga? You will have taken the required 5 Yin yoga classes prior to the start of training, so you'll have a bit of familiarity. That's why you're coming to the Let the Yin Begin Immersion so you can learn. Remember everyone is new to yoga each and every day. In this program, we'll all begin together.

Is age an issue? No. It's never too late or too early to begin yoga! As long as you are in good health. Must be 18 years of age to enroll.

What about food? There are several restaurants/donut shop, tea shop/bakery, etc. in the immediate center. We'll have many breaks, and you are encouraged to pack snacks and water.

Is there air conditioning? Yes.

Is this training meant just for teachers? This is a great question. My answer is mainly yes. Minimum of 200 RYT or Bikram instructors with a basic training certification. However, there will be students who are passionate about Yin yoga and want to immerse themselves in the training, and they are welcome.

Is coffee available? Not in the yoga studio, but there are donut/coffee shop and a tea/bakery next door!

How will the practicum of teaching work? If we have 12 participants and we each teach for 15 minutes in front of each other (creating our own sequence) that is 3+ hours on Saturday of teaching and watching each other teach. If we have less than 12 participants, we'll arrange the time accordingly. This will enable us to have open discussion longer/shorter and/or marketing discussion longer/shorter. There is a lot of flexibility in the schedule as we won't know until close to start of training the number of participants.

Do I automatically graduate if I join the training? No. In order to successfully graduate, you must pass the required graduation criteria. It serves no purpose for us to simply pass students who are not ready or able to teach Yin. It's unfair to you and the public. However, that being said, this training is geared to teachers and those passionate about Yin Yoga. We'll be going over the quizzes in class. You'll be creating your own

sequences and presenting/teaching those to your classmates and myself. It's a rare occasion indeed when someone doesn't pass! Again, the certificates will be mailed within ten day after completion once all fees are paid.

Nearest ATM machine? Next door is Best Donuts with an ATM machine located inside. Open 5:30 a.m. to 4 p.m. Plan accordingly.

Do I need my yoga mat? Feel free to bring yours if you wish. However, if you are traveling and it's too bulky we have several.

What should I remember to bring? Your yoga mat (if convenient), yoga clothing, your textbook, pens, notepads, camera, extra copy of participant information/medical forms if you haven't gotten them to me prior to training, water, sweatshirt/sweater if you get cold, snacks, vitamin C, zinc, or electrolytes optional, but helpful, money, directions to your hotel, accommodations, and the studio.

Can I contact you any time with any questions? Yes! I will answer normally within 48 hours if not sooner. Email is the best contact for me. cartracy@pacbell.net and/or carolyn.tracy@comcast.net My cell phone is (925) 788-1166, you can text any time!

Let the Yin Begin Participant Information and Medical Information Form

In order to become familiar with your needs as a student, it is important for Carolyn Tracy to be aware of any health issues you have that may affect your practice and participation in classes. This information enables me to guide you and suggest posture modifications . This information is strictly confidential. My training includes awareness of general physical conditions and in no way endorses me as a physician or health practitioner. As always, it is advisable to consult with your physician before embarking on any body movement or exercise program.

If you have any questions or concerns regarding this form, please let me know and I will be happy to answer your questions.

Name _____

Address _____

Phone Numbers: _____ cell _____

Email: _____

Please check the word which best describes your current state of health:

Poor Average Good Excellent

Do you currently have health insurance? Yes No

Do you have any physical conditions or health issues of which you should make Carolyn Tracy aware of that affect your yoga practice? Examples are medical, dietary, medications, etc.

No

Yes Please explain

Do you have any goals or concerns about participating in yoga classes in this training? If yes, what?

Initial here _____

Participant Information and Medical Information Form

Page Two

Describe your previous yoga experience?

Waiver: All body movement and exercise programs involve a certain risk of injury. It is always advisable to consult the advice of your physician before embarking on any exercise program.

The undersigned assumes all risk of damage or injury that may occur as a student in classes with Carolyn Tracy, following instruction outside of class and while participating in Let the Yin Begin yoga training . The undersigned releases and holds harmless Carolyn Tracy, Greg Riley, and The Yoga Fusion from any and all claims, demands, and actions of any nature that result from the undersigned's participation in yoga classes or practice outside of class.

Signature of Participant

(Date)

Insurance contact and #

Emergency contact person:

Relationship to participant:

Address:

—

Phone Numbers:

Email:

I give Carolyn Tracy permission to contact above named person in the event of a medical emergency or other issue that may arise. When possible, Carolyn will obtain my permission to contact this person. In the event that I am incapacitated and cannot give permission, Carolyn Tracy reserves the right to notify this person if a necessary and urgent need arises. This permission is in effect only for the dates of arrival and departure to the Let the Yin Begin Training.

Signature

Date

Please complete the above form, and email to cartracy@pacbell.net and send your deposit by check to Carolyn Tracy mailed to 4071 W. Lakeshore Drive, San Ramon, CA 94582. You can also use [Pay Pal](#), and/or [Cash app](#). You can reach me via phone at 925 968 0501. Your registration will be confirmed by email. You are not enrolled until you receive email confirmation from Let the Yin Begin.