

LET THE YIN BEGIN  
YIN TEACHER TRAINING  
MARCH 15 and 16, 2019

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 \$699. \$399 deposit will ensure your space in the March 15/16, 2019 training and is non-refundable due by 2/1/19. Final deposit of \$300 due 3/1/19. Send deposits to 4071 W. Lakeshore Drive, San Ramon, CA 94582-- or use [Cash app](#) or Pay Pal. Please contact Red Mountain Resort and Spa no later than 2/1/19 to book your stay. Be sure to mention our group Let the Yin Begin. <https://www.redmountainresort.com>

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 partial CREDIT will be issued for a future training.

YOUR RED MOUNTAIN ADVENTURE BEGINS HERE ... One of the most ideally located resorts in southern Utah, blended naturally into vivid red rock cliffs and canyons. Red Mountain Resort has everything you need to relax, renew, and discover yourself as a passionate teacher of Yin yoga. <https://www.redmountainresort.com>

- Three delicious healthy meals included daily
- Countless activities, hikes, classes, workshops included (see website for details)
- Complimentary WIFI,

Deluxe accommodations/Let the Yin Begin group discounted rates: \$260pp per night, double occupancy; \$315pp per night, single occupancy. For private villas, contact Resort directly. {Taxes/gratuuity not included}.

- Personalized Yin moments throughout from lunches, to hikes, to surprises

Red Mountain Reservations (877)246-4453; 1275 E. Red Mountain Circle, Ivins, UT

2 DAY CERTIFICATION SCHEDULE: Our journey begins at 8:45 a.m. on Friday, March 15, 2019 in the        room. Class begins promptly @ 9 a.m. Expected end time is 6 p.m. Saturday schedule is the same.

NEARBY AIRPORTS: Las Vegas, NV. (Inexpensive flights, 2-hour drive, rent a car. For shuttle options contact Red Mountain Resort). OR... St. George Airport, UT. (20 minutes from resort).

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/Red Mountain spa 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, counter poses, as well as discuss the benefits of Yin yoga, philosophy/history. You'll receive 20+ formulas for success-- Carolyn as well as Stacey's own secrets for catapulting their business (and yours). A full guidebook/training manual with pictures of all asanas/modification. Whether you're looking to expand your profession as a wellness expert/yoga teacher or deepen your Yin practice, you will gain a thorough experience and upon graduation be able to immediately teach with confidence. 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](http://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 as an opportunity to stay connected and further our Yin yoga journey.

#### 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.

\*Recommendations for 5 yin classes as follows:

- Arrive at Red Mountain Resort early (between March 12 and 14-- 2 daily Yin yoga classes provided) and participate complimentary as part of your tuition with Stacey and Carolyn, OR ...
- Log onto [www.lettheyinbegin.com](http://www.lettheyinbegin.com) for East Bay area locations with Carolyn, OR ...
- Private 75-minute class with Stacey and/or Carolyn specialty rate for participants of the Immersion \$25, text Stacey at (510) 410-7515 or Carolyn (925) 788-1166, OR ...
- Attend the 3-hour deep soak workshop in San Ramon, CA at the Yoga Fusion on January 19, 2019 from 2 to 5 p.m. and receive credit for 2 of the required 5 yin classes. This workshop will be offered complimentary as part of your tuition. OR ...
- Log into YouTube and find videos by Bernie Clark. There are three we recommend. How to Practice Yin Yoga 12:49; Dragons Explained 14:00 and Butterfly explained 12:25. We also recommend a full practice by Travis Eliot.

EVALUATION In order to successfully graduate from Let the Yin Begins 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 which will be reviewed immediately upon completion. Certificates of Completion will be awarded at the end of this training. We strongly recommend all graduates take the opportunity to evaluate and offer feedback to your fellow Yin instructors within 30 days of graduating.

#### MEET YOUR TEACHERS

Carolyn Tracy began practicing yoga in 5th grade while competing in gymnastics. A dynamic practice spanning 40 years, and now harmonizing both Yin and Yang energies via Yin Yoga's wisdom is what's speaking loudest to Carolyn. Her students describe her as soothing, healing and knowledgeable.

Carolyn's compassionate teaching style coupled with her lifelong experience and expression of skilled body movement are growing a rapidly expanding following of enthusiastic students. One class with Carolyn and you'll what this dynamic and empowering teacher is up to.

Carolyn brings a spunky playfulness into her yoga as she's passionate, too, about kids, animals and nature. When your body is ready for balance, for the tranquil calm that is its birthright, then you'll seek Carolyn's Yin expertise.

Carolyn Tracy, ERYT and a Yoga Alliance Certified Education Provider (YACEP) has a passion for all things Yin Yoga and now hosts Let the Yin Begin, a 2-day training immersion. Carolyn knows how to draw students in while teaching them to quiet their minds, tune in, tap into what's really happening. She deeply understands the wide range of topics that are all things Yin Yoga. Our two-day trainings are certified with Yoga Alliance as continuing education credits AND you'll become certified to teach Yin yoga.

Stacey Bristow is the owner of the Energy Co. and lifetime volunteer and wellness expert I carry a 360-degree lens of balance, creativity, energy and gratitude. Throughout my life I have dedicated over 80,000 hours to the physical, spiritual, emotional, social, occupational and environmental dimensions of growth and well being for myself, clients, friends, family and teammates. With passion and kindness, I believe in serving others through the gift of Yin Yoga. As a mother, athlete, executive, and self-proclaimed chef, I have immense joy and thrive in the deep peace and healing that is Yin. May your own Yin yoga journey be blissful and may our journey together be filled with all you seek.

CONTACT INFORMATION Carolyn will answer normally within 48 hours if not sooner. Email is the best contact for me. [cartracy@pacbell.net](mailto:cartracy@pacbell.net) and/or [carolyn.tracy@comcast.net](mailto:carolyn.tracy@comcast.net) My cell phone is (925)

788-1166, you can text any time! Contact Stacey Bristow with any questions related to Red Mountain Resort and/or travel (510) 410-7515 or [stacey.bristow@comcast.net](mailto:stacey.bristow@comcast.net)

AFFILIATE PROGRAM If you refer a friend to the Yin training, we'll gift you either \$100 or an essential oils gift basket valued at \$150.

## 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

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

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Initial here \_\_\_\_\_

### Participant Information and Medical Information Form

Page Two

Describe your previous yoga experience?

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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 and Stacey Bristow, following instruction outside of class and while participating in Let the Yin Begin yoga training. The undersigned releases and holds harmless Carolyn Tracy, Stacey Bristow and Red Mountain Resort 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.

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Signature of Participant

(Date)

Insurance contact and #

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Emergency contact person:

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Relationship to participant:

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Address:

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Phone Numbers:

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Email:

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I give Carolyn Tracy and Stacey Bristow permission to contact above named person in the event of a medical emergency or other issue that may arise. When possible, Carolyn and/or Stacey will obtain my permission to contact this person. In the event that I am incapacitated and cannot give permission, Carolyn Tracy and Stacey Bristow 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.

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Signature

Date

Please complete the above form, and email to [cartracy@pacbell.net](mailto: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 [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.