

Yin Yoga Teacher Training Retreat Information

North Stradbroke Island 6th – 9th June 2020

Welcome to our Yin Yoga Teacher Training Retreat. Over three days, we will conduct an immersion experience designed to facilitate a deep understanding of Yin Yoga, and install in all attendees the confidence and experience to add this beautiful and important style of healing into their teaching repertee.

Join us at tranquil North Stradbroke Island, a short ferry from Brisbane, as we learn not only to teach Yin Yoga, but more importantly to live a life harmony and balance between our inner Yin and Yang energies. You will connect with other trainees and teachers, explore your inner metaphysics, enjoy classes and meditations, and feel the inspiration from the surroundings of our popular North Stradbroke retreat location.

Before, during and after our training, we offer a lifetime of support and connection. As a trainee and Yin practitioner, you are now fully aligned with your true path and you are assisting with individual and Universal healing. Welcome to your Yin Intensive Teacher Training!

Namaste,

YOUR MY HEALTH YOGA FAMILY

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Retreat Information

Cost: \$2000 (save \$200)

Payment Plan: 4 x \$550 (Total \$2200)

Includes:

- Yin Teacher Training Course + Certification
- Lifetime access to course videos & notes with MHY Online
- Accommodation, meals, mentoring, online notes
- Yin Teacher Training Asana Workbook
- 12 months access to My Health Yoga TV (classes, talks, meditations)
- All meals from Friday lunch to Monday breakfast

Extras: Transport (ferry, bus), snacks, bottled water.

Accommodation: The Anchorage Resort , Point Lookout, North Stradbroke

Ferry Information

Ferry address: 3 Emmett Drive, Cleveland

Ferry Times:

<https://www.stradbrokeferries.com.au/timetables/north-stradbroke-island-water-taxi>

The ferry departs Dunwich 8am Friday, and takes approximately 45 minutes to reach Dunwich. From there, an Island Bus will take you to the Anchorage Resort.

Resort address: 112 Dickson Way, Point Lookout Ph.: (07) 34098266

Ferry & Bus Transfer Cost: Approximately \$40 return. We will meet in the ground floor Yoga Space (function room) at 9am, where you can leave your belongings up until check-in.

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PACKING CHECKLIST:

- ☐ *Yoga Mat & Bolster (essential)*
- ☐ *Blocks, strap, eye pillow & blanket (recommended)*
- ☐ *Water bottle, reusable tea cup*
- ☐ *Healing tools (Angel cards, crystals, essential oils, natural incense, etc.)*
- ☐ *Toiletries, any required medication (we have basic first aid supplies)*
- ☐ *3-4 changes of clothes (Yin wear + walking gear and suitable shoes)*
- ☐ *iPad or iPhone/tablet, charger/power bank (for online notes)*
- ☐ *Blank notebook and pens (feel free to bring Yin textbooks also)*
- ☐ *Insect repellent (for night time walks/beach time)*

- *Linen/Bath towels are provided. Bring bottled water for your room if preferred.*

(There is a supplies store close to the resort however as time will be limited it best to come prepared for the full four days if possible).

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Yoga Retreat TIMETABLE

Friday
6th JUNE 2020

TIME	LOCATION	ACTIVITY	Other
9:30am	Yoga Space	Welcome & Introduction Group Meditation	
10:30am – 1:30pm	Yoga Space	Module 1: Asana	
1:30pm – 2:00pm	Resort Pool	Lunch	
2:00pm – 3:30pm	Resort	Hotel Check-in Free time	
3:30pm – 6:30pm	Yoga Space	Module 2: Philosophy	
6:30pm – 7:00pm	Resort Pool	Dinner	
7:30pm – 9:00pm	Yoga Space	Yin Practice (led)	

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Saturday
7th JUNE 2020

TIME	LOCATION	ACTIVITY	Other
7:00am – 8:30am	Yoga Space	Yin Practice (led)	
8:30am – 9:00am	Resort Pool	Breakfast	
9:30am – 1:30pm	Yoga Space	Module 3: Anatomy	
1:30pm – 2:30pm	Yoga Hall/Resort	Lunch, free time	
2:30pm – 5:30pm	Yoga Space	Module 4: Meridians	
5:30pm – 6:00pm	Resort Pool	Dinner	
6:30pm – 8:00pm	Yoga Space	AcuYin Class (led)	

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Sunday
8th JUNE 2020

TIME	LOCATION	ACTIVITY	Other
7:30am	Resort Pool	Breakfast	
8:30am – 11:30am	Yoga Space	Module 5: Sequencing	
12:00pm – 1:30pm	Yoga Space	Group Teaching Practice	
1:30pm – 2:30pm	Resort Pool	Lunch, free time	
2:30pm – 5:30pm	Yoga Space	Module 6: Yin Fusion	
5:30pm – 6:00pm	Resort Pool	Dinner	
6:30pm – 8:00pm	Yoga Space	Restorative Yoga (led)	

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Monday
9th JUNE 2020

TIME	LOCATION	ACTIVITY	Other
6:30am	Meet at Resort Reception	Meditation Walk (Guided)	
9:00am	Resort Pool	Breakfast	
9:30am	Yoga Space	Revision Closing Meditation	
11:00am	Resort	Check out	

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Kitchari Cleanse Menu

Our menu for the Yin Training Retreat is based on a classic Ayurvedic detoxification system known as a Kitchari Cleanse. This simple, nourishing yet effective menu will facilitate a balance between Yin and Yang Meridians, and is suitable for all Doshas.

Benefits of this cleanse include:

- Improves digestion and metabolic function,
- Promotes regular and balanced elimination,
- Supports energy and Prana for sustained concentration,
- Encourages restful sleep,
- Balances Doshas & Meridians.

MENU

Breakfast: Oatmeal, Fresh Fruit, with Herbal Teas

Lunch/Dinner: Kitchari (lentil Dahl), warming spices, vegan chutney, basmati rice

Hot water (with lemon), Selected Organic Herbal Teas & Filtered Water will be provided throughout the retreat. Light snacks such as fruit, bliss balls or nuts may be consumed in between set meals.