



Yin Yoga 50-hour Course Cape Town, October 2019

Pre-requisites: 200-hour Yoga Course

Dates: 19 October (10am to 4pm)
20 October (9am to 4pm)
26 October (10am to 4pm)

Venue: The Source (11 Townsend Avenue, Constantia)

Course outline:

- Breakdown and understanding of Yin asanas
- Benefits of the postures
- Teaching skills and Class delivery
- Choreography
- Common injuries and appropriate modifications
- Manual adjustments for postures

Course requirements:

- Additional 30 hours of participation and self-practice
- Yin Yoga teaching assessment

Course Fees: R4200. This fee includes the following:

- Course manuals
- Lectures
- Unlimited Yoga classes at The Source during the course and one month after
- Examination fees (first time)

Additional fees:

- Classes at any other Yoga studio for the student's own cost

Confidentiality Agreement:

Notes or videos from this course will not be re-sold or used by the student in offering another Yoga course or workshop.

Registrations:

A **non-refundable and non-transferrable** 25% deposit (**R1000.00**) for the course is required in order to ensure your place and your registration forms must be emailed to education@consciousmovement.co.za. The remaining course fees must be paid **before** the first day of the course. Payment plans are available.

Fees are 50% refundable should students cancel 30 days before the course starts. Fees are non-refundable within 30 days of the course commencing.

Banking details: Conscious Movement Education CC
Nedbank
Branch code 101109 (Constantia)
Account 1011139065
SWIFT: NEDSZAJJ (for overseas transfers only)



Registration Form
Yin 50-hour Course
Cape Town, October 2019

Name

Date of birth

Telephone (h)

(w)

(cell)

Address

Email

Anatomy background

(please describe and supply copies of certificates where appropriate)

Yoga certification (level? with whom?)

Any teaching experience (please describe)

Why do you want to learn Yin Yoga?

Who referred you to CME?

I, _____, do not hold Conscious Movement Education, the trainers, the hosting studio or heirs liable should I incur injury during a Yoga training session or incur injury on their studio premises. I agree to the above conditions and those outlined in Appendix A in participating in the Yoga Course. I confirm that all information provided in Appendix B is true.

signed (student)

date