



**BEWELL**

BE STILL WITHIN  
WITH YIN

50 HOURS  
YIN YOGA COURSE  
FOR ALL LEVELS  
2023/24

# Be Still Within With Yin

## 50 Hours Foundations of Yin Course

A 50 hours Yin Yoga Training course  
suitable for everyone...

We welcome students of yoga, teachers of  
yoga, those curious about yin and  
everyone in between...

Whether you're here to develop your  
knowledge of yin yoga and begin a solid  
home self practise, or to learn the tools to  
deliver yin yoga into your community,  
you're in the right place...

Are you ready to dive inwards and  
explore the true beauty of Yin Yoga?  
To discover and curate the peace that  
resides within? Join us for this  
profound & life-changing experience  
that welcomes creation & elevation

*'A retreat style deep dive  
fully immersive experience'*



Be Still Within with Yin is an experience that invites you to plant the seed of Yin and nurture your practice, wisdom and personal growth over a profound period of time.

WE HAVE 2xCOURSES AVAILABLE TO BOOK NOW:

**Course 1.**

**THE 12 MONTH 'YIN'DULGE EXPERIENCE**

5xSaturday Workshops @ BeWell Longford scattered throughout the year

2xDay Teaching Practise Weekend

Enjoy your course slowly over a period of 1 year

Experience the elements within their seasons

Integrate the practise into your lifestyle and cycles

**Course 2.**

**AUTUMN 2023 'YIN'TO THE WEST**

Yin Yoga 50xHours Training

Be Still Within with Yin Retreat Style Course - 6xDays  
Monday October 30th through Saturday November 4th

Location: Strandhill, Sligo with residential options

**More Info.** [www.bewell-yoga.com/50hoursyinyoga](http://www.bewell-yoga.com/50hoursyinyoga)

**Ph.** +353 (85) 285 5041

**Email.** [ytt@bewell-yoga.com](mailto:ytt@bewell-yoga.com)

# What's covered – at a glance



**1. Attend 5x Saturday Workshops as well as 2x day Teaching Practise Weekend @ BeWell Longford**

**or**

**2. Attend 6x Days Retreat Style Course Monday October 30th through Saturday November 4th 2023 in Strandhill, Co. Sligo**

**to experience:**

♡ 'Yin'Dulge - Late Summer//Earth Element Workshop

♡ 'Yin'Dulge - Autumn//Metal Element Workshop

♡ 'Yin'Dulge - Winter//Water Element Workshop

♡ 'Yin'Dulge - Spring //Wood Element Workshop

♡ 'Yin'Dulge - Summer//Fire Element Workshop

**Yin Yoga Planning, sequencing and teaching skills workshops - teaching practise**

**As an added bonus:**

**Join unlimited Monday 20.15-21.15pm Yin Yoga sessions live via Zoom for 12 months**

**Join up to 25x Monday 20.15-21.15pm in-person Yin classes over the 12 months (booking essential-first come first served)**



# Course 1.

## THE 12 MONTH 'YIN'DULGE EXPERIENCE

Yin Yoga 50xHours Training

Be Still Within with Yin - 5xSaturday Workshops plus 2xDay Weekend

### The Course Structure

- 5xSaturday Workshops @ BeWell Longford scattered throughout the year
- 2xDay Teaching Practise Weekend @ BeWell Longford
- Join unlimited Monday 20.15-21.15pm Yin Yoga sessions live via Zoom for 12 months
- Join up to 25xMonday 20.15-21.15pm in-person Yin classes over the 12 months (booking essential-first come first served)

### ♥ DATES

#### 5xSaturday Workshops throughout the year:

- **Late Summer//Earth** Saturday 26th August 2023 (12.00-16.30/17.00pm approx)
- **Autumn//Metal** Saturday 21st October 2023 (12.00-16.30/17.00pm approx)
- **Winter//Water** Saturday 27th January 2024 (12.00-16.30/17.00pm approx)
- **Spring//Wood** Saturday 6th April 2024 (12.00-16.30/17.00pm approx)
- **Summer//Fire** Saturday 22nd June 2024 (12.00-16.30/17.00pm approx)

#### 2xDay Teaching Practise Weekend:

- Saturday 17th & Sunday 18th August 2024 (12.00-16.30/17.00pm approx)

Yin Yoga Planning, sequencing and teaching skills workshops - teaching practise\*\*

(\*\*Should it be the case that there are not sufficient online attendees it may be the case that online attendees will be required to observe during the practise teaching weekend and submit practise teaching videos rather than participate in live online practise teaching)

More info: [www.bewell-yoga.com/50hoursyinyoga](http://www.bewell-yoga.com/50hoursyinyoga)


**BeWell**

Unit 1c Mastertech

Athlone Road

Longford

N39W5D7



# Course 2.

## AUTUMN 2023 'YIN'TO THE WEST

### in-person only

Yin Yoga 50xHours Training

Be Still Within with Yin Retreat Style Course - 6xDays Monday October 30th through Saturday November 4th

Location: Strandhill, Sligo

### The Course Structure

- Attend 6xDays Retreat Style Course from Monday October 30th through to Saturday November 4th
- Join unlimited Monday 20.15-21.15pm Yin Yoga sessions live via Zoom for 12 months
- Join up to 25xMonday 20.15-21.15pm in-person Yin classes over the 12 months (booking essential -first come first served)

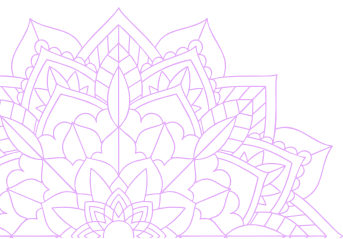
### ♥ DATES

#### AUTUMN/HALLOWEEN WEEK 2023:

- Monday 30th October 12.00-16.30/17.00ish
- Tuesday 31st October 12.00-16.30/17.00ish
- Wednesday 1st November 12.00-16.30/17.00ish
- Thursday 2nd November 12.00-16.30/17.00ish
- Friday 3rd November 12.00-16.30/17.00ish
- Saturday 4th November 12.00-16.30/17.00ish

\*Optional activities in the area incorporating discover of Elements and Yin Theory

Visit the webpage for more info on Strandhill & activities [Here](#)



*"Each Yin Pose is an opportunity to crawl inside ourselves & stay a while" ~ Sarah Powers*



## What's covered on the course?

**What is Yoga**

**A history of yoga & yin yoga**

**Yin Vs Yang - The Modern World &**

**Yang addiction**

**Qi & Jing**

**Meridians**

**Anatomy - a physiological approach**

**Sequencing & Theming (Yin & Yang**

**Asana Sessions + Meditation Sessions)**

**Autumn: Letting go**

**Winter: Water**

**Spring: Growth**

**Summer: Joy**

**Late Summer: The Harvest**

**//**

**Earth element**

**Metal element**

**Water element**

**Wood element**

**Fire element**

**The 26 yin yoga postures**

**Adaptations**

**The rebound & the counterpose**

**Physical & energetic benefits (east meets west)**

**Yin Krama**

**Teaching methodology ( voice, language, space )**

**Practise teaching**



*“COMMITMENT  
IS WHAT  
TRANSFORMS  
A PROMISE INTO  
REALITY”*

Participants will be encouraged to complete

- ✦ regular journalling
- ✦ regular intention setting
- ✦ regular self practise of specific postures (linked to season/element)
- ✦ regular meditation

## TEACHER TRAINING ELEMENT

Participants wishing to complete the teacher training element as part of Yoga Alliance CPD will complete

- ✦ regular journalling and submit
- ✦ regular intention setting and submit
- ✦ regular self practise of specific postures (linked to season/element) and submit
- ✦ regular journalling of meditation and submit
- ✦ video recording of teaching practise and submit
- ✦ teaching practise
- ✦ theory exam





# A NOTE FROM YOUR LEAD TRAINER

## MIRIAM O'REILLY

@bewellyogacommunity  
Lead trainer and Owner at BeWell Yoga

ERYT® 200

RYT® 500

YACEP®



## *"TIME TO LOOK INWARD"*

Our inner world, an undiscovered terrain, can be explored and adventured by means of simple methods.

**Meditation, Yoga and Pranayama** (breathing exercises) act as keys that unlock the layers and allow us to adventure into the hidden depths of our mind, body and soul.

Funnily enough, it is the deep exploration, understanding, shedding and rebuilding of our inner world that allows us to truly relish in the most simple details of the outside world.

Come with us on a journey, **a journey deep into your mind, body and soul**. Together we will explore your unique inner world through meditation, pranayama, yin yoga and theory sessions, group discussions and workshops. You will emerge from this journey with the knowledge, skills and passion to **take your Yoga Journey to the next level**.



# WORDS FROM OUR YIN YOGA TEACHER TRAINING TRAINEES

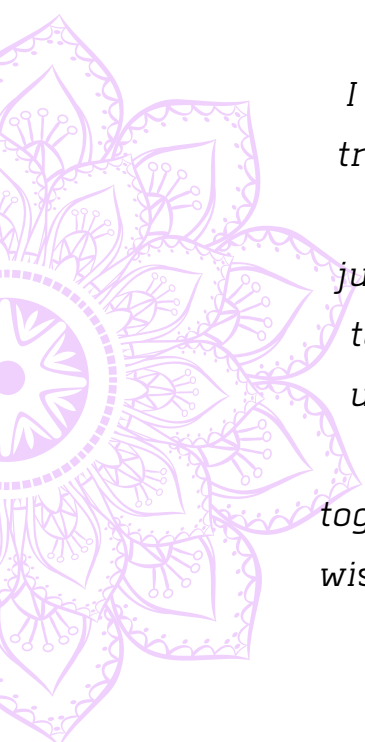
"I really enjoyed the 50 hour Yin YTT, I found it really interesting integrating the training over the year and learning about the different seasons as we approached them during the year. I found that I had a lot of time for self reflection and the training really helped me to slow down and evaluate what was going on. I found that I came at things from a different perspective and learning about the seasons and meridians and their effects on us helped me to feel more grounded and connected.

Miriam is an amazing teacher who takes time to ensure that everybody takes something from her classes and courses, she is always available to answer any questions or to provide insight, feedback and support.

I can't recommend this training highly enough - for anyone considering doing it please do - I promise you will be so grateful that you did."

***Yin Yoga Teacher Trainee Spring 2022 - Spring 2023***

## "I CAN'T RECOMMEND THIS TRAINING ENOUGH..."



*I had the pleasure of completing my 200 hours yoga teacher training with Miriam in 2020. An experience that nourished me both body and soul. Miriam is a gifted teacher and mentor. I jumped at the opportunity to experience this again with her yin teacher training course. She is a true professional that has the unique ability to create a amazing space so that you learn and experience yin yoga through a beautifully crafted circle , together with like minded individuals under her beautiful wisdom and guidance. Her delivery of the course content is both inviting and creative. I can't recommend Miriam enough.*

*An amazing experience.*

***Yin Yoga Teacher Trainee Spring 2022 - Spring 2023***

# Investment

## Course 1. THE 12 MONTH 'YIN'DULGE EXPERIENCE

100% Access to all In Person Elements €699 [Book Here](#)

Book 100% online €499 [Book Here](#)

### Hybrid Option for Course 1

100% online €499

+

add €10 per Monday 20.15pm-21.15pm in-person session

add €45 per workshop in-person attendance

add €210 for YTT Weekend in-person attendance

Email [ytt@bewell-yoga.com](mailto:ytt@bewell-yoga.com) to create your unique package

OR

## Course 2. THE AUTUMN 6xDAYS RETREAT STYLE COURSE

Option 1: Pay in full 100% with one payment €699 [Here](#)

Option 2: Pay total €699 in four installments [Here](#)

(25% in July + 25% in August + 25% in Sept + 25% in Oct)

## Booking Information

For all bookings & inquires contact us on

**Email:** [ytt@bewell-yoga.com](mailto:ytt@bewell-yoga.com)

**Ph:** +353 (85) 285 5041

[www.bewell-yoga.com/50hoursyinyoga](http://www.bewell-yoga.com/50hoursyinyoga)

We are here to support

you with any guidance, booking assistance and to share more information on our Yin Yoga Course. If you'd like to arrange a call to explore further - reach out & we will arrange a time that suits.

Or feel free to call into our Longford Studio for a coffe & a chat.

we look forward to welcoming you at BeWell.

Love & Light,

The BeWell Team x

**BeWell**

Unit 1c Mastertech

Athlone Road

Longford

N39W5D7

# BEWELL

We cannot wait to Welcome you

@

BeWell

