

# Timetable 50hr Yin Teacher Training



Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
8.00am						
8.30am	Opening Ceremony	Ki yoga Earth & Metal	Ki Yoga Water	Ki yoga Wood	Ki yoga Fire	Practical exam & Feedback
9.00am						
9.15am						
9.30am	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Practical exam & Feedback
9.45am	History of Yin	Five Elements Earth & Metal	Five Elements Water	Five Elements Wood	Five elements Fire	
10.00am	Yin yang lecture					
10.30am						
11.00am	Five elements introduction	Yin practice	Yin practice	Yin practice	Yin practice	Practical Exam & Feedback Forms
11.30am						
12 noon	Lunch	Lunch	Lunch	Lunch	Lunch	
12.30am						Lunch Together In Bermagui
1.00pm	Mindfulness Breath & Stillness	Asana Clinic Earth & Metal	Asana Clinic Water	Asana Clinic Wood	Asana clinic Fire & Review	
1.30pm						
2.00pm	Art of teaching	Practice teach Earth Metal	Practice teach Water	Practice teach Wood	Practice teach Fire & Exam prep	Closing Ceremony Certificates
2.30pm						
3.00pm	Break	Break	Break	Break	Break	
3.15pm	Meditation Practices	Practice Teach Earth & Metal	Practice Teach Water	Practice each Wood	Practice teach Exam	Photos & Hugs
3.30pm					Exam prep	Finish 3.30pm
3.45pm					Q & A	
4.00pm	Yin Practice Earth & Metal Finish 5pm	Yin Practice Water Finish 5pm	Yin Practice Wood Finish 5pm	Yin Practice Fire Finish 5pm	Yin practice Grounding Finish 5.30pm	
4.30pm						
5.00pm						
<b>Home</b>	No homework	Explain your understanding of Earth & Metal elements & how they relate to you	Explain your understanding of Water element & how it relates to you	Explain your understanding of Wood element & how it relates to you	Explain your understanding of Fire Element & how it relates to you	
<b>Work</b>		Draw Earth & Metal	Draw Water	Draw Wood	Draw Fire	
<b>Daily</b>		Meridians Stomach & Spleen, Lung & Large Intestine	Meridians Urinary Bladder & Kidney	Meridians Liver & Gall Bladder	Meridians Heart & Small Intestine, Heart Protector & Triple Heater	