

# YIN YOGA

Teacher  
Training



Now Booking

100 hour

Program

1 Week Immersion

April 21 - 28

[TRIBALTULUM.com](http://TRIBALTULUM.com)

Tuition > \$995

Earlybird > \$895

# ABOUT



Submerge yourself into a Yin Yoga Training and learn to share the subtle meditative qualities of this practice. Created from a blend of the ethereal sciences of the East and the material sciences of the West Yin Yoga is all about balance.

This training uses lecture and guided practice to develop a conceptually diverse understanding with extensive first-hand experience.

Yin Yoga brings your awareness through the tissues of your body releasing tension layer by layer. Becoming well versed in Yin Yoga is like being able to apply a deep tissue massage to your body with your mind. Making that experiential connection to all you have heard or read about Chi you can begin to find a new way to experience your body.

# CURRICULUM



This curriculum emphasizes the balance between Eastern (ethereal) and Western (material) sciences. With an in depth exploration of meditation, subtle anatomy and physical anatomy learn to teach the subtle qualities of Yin Yoga. Using lectures and guided practice you will develop your own strategies for teaching and working with students to guide them to listen to their body. The deeper you go with your training and self exploration the more you can help students learn from their own bodies to create a deep tissue massage with their mind.

## LEARN TO

- Deepen & explore your own Yin Yoga practice
- Guide a Yin Yoga class of any duration
- Develop & refine Yin Yoga sequences
- Set the proper tone & environment for a Yin Yoga class
- Instruct private Yin Yoga sessions
- Safely cue & adjust a wide array of student needs
- Create a safe & supportive space for students
- Respond appropriately to student questions

## TOPICS

**Anatomical Variation**

**Meditation**

**Muscular Anatomy**

**Cueing**

**Yin Yang Philosophy**

**Teaching Methodology**

**Meridian Channels**

**Subtle Anatomy**

**Connective Tissue**

**Fascia**

**Asana**

**Sequencing**

**Chi**

**Chakras**

**& more**



# TESTIMONIALS



"TJ's training empowered me to find more freedom in the ways I both practice and teach Yin.

*Amy R.*

I found the yin asana practice like a new gift I can share with my students. A new way to really connect more deeply to the inner self and release mental and physical tension. I found TJ's words on meditation most beneficial, and will continue to practice using the techniques he shared. I found looking at the Chakras and Chi exciting and TJ's passion for his chosen subjects infectious. It has really reiterated how important balance is in my life and I feel that this training has opened my eyes and shed some light on things for me. The grounding practice of Yin is something I am really interested to explore further, as the nourishment gained from it has transformed my thinking.

*Helen B.*

I was confident it would be of a really high standard based on Jess and her fabulous studio & the great teachers she has there but it exceeded my expectations. I feel that you have awakened my interest in a lot of these subjects and I loved that you kept the chakra & meridian lecture very real as I feel I can introduce this in conversation to clients & friends who are interested in the physical & mental benefits of yoga without scaring them off.

I don't feel selfish spending the money on myself now as I feel that my family & friends have benefited from this course through the changes in me.

*Kathy M.*

I applied for this course new to Yin Yoga, with very little practice and experience. The theme of 'letting go' has had a huge effect on my life since the course, starting with just little things during the ten days and I'm still putting it into practice weeks later. I also still meditate, daily, 10 days of practice with TJ and experiencing different techniques has played a huge part in understanding in my home practice. My Yin Yoga practice developed greatly over the week, learning every pose in depth has not only made me feel more connected with my mind and body during my practices but I'm also knowledgeable and confident to teach.

*Lydia B.*



# MATERIAL

This training provides unparalleled visuals & supplemental material throughout the curriculum. From the manual to the multitude of lectures no other provider of Yin Yoga Trainings & Immersions comes close. Evolving to create the smoothest presentation of content so that you can intuitively absorb these subtle practices.





# SCHEDULE



The schedule during trainings comes from over a decade of teaching expertise. The program itinerary fits intuitively with your ebbs & flows. Below is an example of what the daily schedule looks like. Expect some variation from one studio to another as we integrate with their differing class schedules.

## STANDARD DAY

- 7-830am > Yin Yoga or Meditation
- 830-9 > Break (breakfast/snack)
- 9-930 > Morning Circle (dialogue/sharing)
- 930-12 > Lecture
- 12-1 > Lunch
- 1-130 > Practice (Meditation or Gentle Movement)
- 130-3 > Lecture
- 3-4 > Discussion or Lecture
- 4-420 > Break (snack/walk)
- 420-530 > Yin Yoga or Meditation

## EXTENDED DAY

- 7-830am > Yin Yoga or Meditation
- 830-9 > Break (breakfast/snack)
- 9-930 > Morning Circle (dialogue/sharing)
- 930-12 > Lecture
- 12-1 > Lunch
- 1-130 > Practice (Meditation or Gentle Movement)
- 130-3 > Lecture
- 3-4 > Discussion or Lecture
- 4-420 > Break (snack/walk)
- 420-530 > Yin Yoga or Meditation
- 530-6 > Break (dinner/snack)
- 6-7pm > Supplemental (Videos/Nidra/Mindful Art)



# TRIBAL TULUM



There is an energy here that inspires and yoga embodies that inspiration. Something about the ancient Mayan spirit that resides here helps everyone feel more connected to themselves and to nature. Whether on the beach or in the pueblo, there is a vibrance here that helps you find yourself more fully.



Tribal has lots of light, wood floors, inversion cords and a full suite of props so that your teacher can use their experience to bring the most to your practice.





# INSTRUCTOR

YUJMU Founder & Lead Teacher



TJ's Yoga story began when he received a book, the Tao Te Ching, as a gift from his sister 18 years ago. The book poetically explores ideas that resonated with him then and continue to guide him today.

With an MFA in art and 6 years as a grade school art teacher TJ has a deep appreciation for the journey of self-exploration that is essential to learning. After years of travel, research and meditation TJ decided that the inward journey would be his focus. He began seeking out teachers to deepen his understanding and go beyond the limits he had reached on his own.

He took up residence at CAVE in Brooklyn NY, a Butoh Dance & performance space and began to study movement with several visiting teachers from Japan. During that time he also began practicing Shaolin Kung Fu and Tai Chi with Sifu Shi Yan Ming, a 34th generation Shaolin Temple monk. Soon after he travelled to San Francisco to study Zen Calligraphy with Kazuaki Tanahashi, a teacher of Zen Buddhism.



When possible, TJ also attends lectures and teachings offered by HH The Dalai Lama, including the Kalachakra Mandala teachings that were offered in Washington DC in 2010.

Several years ago TJ's journeys finally led him back to Taoism via Yin Yoga beginning with Bernie Clark's 60 hour Yin training in Vancouver. Next he studied with Corina Benner in her 30 hour Yin training in NYC. After that he found Stephanie Calhoun and took her 100 hour Yin training in New Brunswick. TJ liked Stephanie's teachings so much he chose to pursue his 200 hour Yoga teacher training with her. From there he continued with her 100 hour Chakra training and 100 hour Restorative Yoga training, completing his 500 hour training in 2015. In November of that year TJ completed a 30 day solitary self-guided meditation retreat at Milarepa Center in Vermont.

Most recently TJ went to Kripalu Center in Massachusetts to broaden his training and completed the first part of a Thai Yoga Massage certification with Sukha Wong.

