



# 100HR VIKASA YIN YOGA TEACHER TRAINING FACT SHEET

The Vikasa Academy hosts 2 x 100hr Yin Yoga Teacher Trainings each year at our flagship Vikasa Yoga Retreat in Koh Samui.

TRIPADVISOR  
376 5-star reviews

GOOGLE  
172 5-star reviews

*“Annie’s training integrates many aspects to provide all the necessary tools to start teaching classes that not only include intelligent sequencing, but also connect with your students on a deeper emotional level.” - Katey*

## 100HR YTT SNAPSHOT

### Class Size:

15-20 people

### Yoga Style:

The Vikasa Method  
(Hatha Yoga lineage)

### Training Length:

13 nights / 14 days

### Accommodation:

- Private rooms with shared bathrooms
- Private en suite rooms

### Food:

Twice-daily abundant healthy buffet meals & afternoon snacks for 14 days

Plant-based (seafood options 2-3 times a week)

World-class Vikasa Life café-restaurant & award-winning vegan chef

### Skill Level:

Open to anyone. No prior experience is required.

### Teacher to Student Ratio:

1 teacher to every 15 students

### Certification:

This counts as 100 hours of continuing education with Yoga Alliance

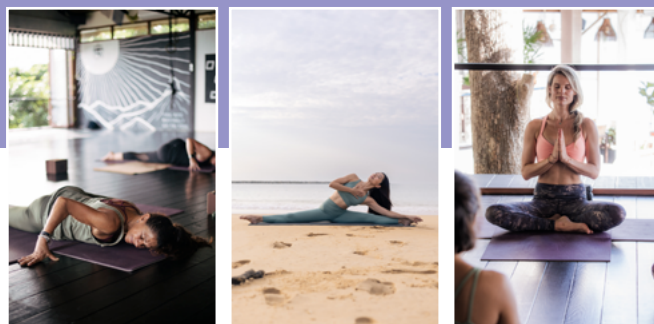
### Starting Price:

\$1,900

## WHO IS THIS FOR?

The Vikasa 100hr Yin Training invites you to experience a deep dive into the philosophy, practice and benefits of Yin Yoga. Open to all levels and accessible to any practitioner, Yin Yoga offers you a way to deeply connect with your body in a way that is safe, rejuvenating and healing to both body and mind. This training is perfect for yoga teachers who want to diversify their offerings as a yoga teacher and confidently teach Yin Yoga. It is equally available to practitioners who seek an immersive yoga journey to learn the techniques of Yin Yoga for self practice and self regulation.

The Yin YTT is taught by experienced and highly qualified yin teacher Annie Au. Annie’s unique approach to Yin is based on trauma informed yoga. If you are a teacher, this approach will greatly benefit you; as a practitioner, it ensures a comforting and healing environment for you to grow, learn and evolve.



*“Top 10 Yoga Retreats in the World”*

- Yoga Journal

*“Thailand’s Premiere Yoga & Wellness Destination”*

- The Guardian

THE EVOLUTION OF YOGA

## YOUR INCLUSIONS

- 13 nights / 14 days private accommodation
- Twice daily abundant buffet meals (brunch and dinner). Plant-based with seafood options 2-3 times per week. Plus daily light snack. Enjoyed in the world-renowned Vikasa Life Café with meals designed by our award-winning vegan chef.
- Highly experienced and qualified Yin Yoga and Trauma Informed Yoga Teacher
- Training manuals and materials to support you on site and beyond your time at Vikasa
- Unique training modules designed to support your personal and professional development and evolution
- Graduation afternoon by the infinity pool with certificates, snacks and photos
- Learn Yin Yoga, allowing you to teach thorough, well-rounded, immersive, safe and accessible classes for all levels
- Become qualified in both Yin Yoga and in Trauma Informed Yoga, which offers additional support to your students
- Develop your own Yin self practice with a daily classes that will support you with healing, regulation and connection
- Anatomy and sequencing workshops
- Afternoon restorative classes for you to relax and unwind
- Additional evening events including gong bath, kirtan, ecstatic dance
- Photographer and videographer on site to provide high-resolution images plus opportunities for private personalized photo shoots
- Be immersed within a yoga retreat space where every element has been curated for your yoga journey and personal evolution
- The largest clifftop, ocean-view yoga sala in Thailand
- High-quality Vikasa-branded mats, props and materials
- Access to all Vikasa amenities including infinity pool, private secret beach, Vikasa Life Café and four yoga salas
- Filtered water, tea and coffee, additional healthy afternoon snacks, plus full á la carte cafe menu to order from anytime
- Unlimited access to all Vikasa public yoga classes during your training program if you wish for additional classes on days off
- Activities including waterfall meditation hike and optional adventures around the island
- Full hotel team on site for housekeeping and maintenance plus reception team to easily organize transportation, laundry and anything else needed
- 24 hour security on site
- Full spa on site for optional spa, massage and holistic healing treatments
- Airport pick-up from Koh Samui airport
- Lifetime discounts and special offers for Vikasa training programs and retreats
- A community of like-minded people who share your values and are there to support, inspire and encourage you every step of the way
- Vikasa tote bag with special goodies for your training
- Fast wifi in all rooms, salas and public spaces
- Experience life in beautiful Thailand with a rich and exotic culture and atmosphere





# 100HR VIKASA YIN YOGA TEACHER TRAINING FACT SHEET

## VIKASA YTT100 YIN SAMPLE WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>PRACTICE</b> 07:30 - 09:30	<b>PRACTICE</b> 07:30 - 09:30	<b>PRACTICE</b> 07:30 - 09:30	<b>PRACTICE</b> 07:30 - 09:30	<b>PRACTICE</b> 07:30 - 09:30	<b>GROUP DYNAMICS</b> 07:30 - 09:30	
<b>BRUNCH BREAK</b> 09:30 - 12:00	<b>BRUNCH BREAK</b> 09:30 - 12:00	<b>BRUNCH BREAK</b> 09:30 - 12:00	<b>BRUNCH BREAK</b> 09:30 - 12:00	<b>BRUNCH BREAK</b> 09:30 - 12:00	<b>BRUNCH BREAK</b> 09:30 - 12:00	
<b>YIN WORKSHOP</b> 12:00 - 13:00	<b>YIN WORKSHOP</b> 12:00 - 13:00	<b>YIN WORKSHOP</b> 12:00 - 13:00	<b>YIN WORKSHOP</b> 12:00 - 13:00	<b>YIN WORKSHOP</b> 12:00 - 13:00	<b>YIN WORKSHOP</b> 12:00 - 13:00	
<b>BREAK</b> 13:00 - 13:30	<b>BREAK</b> 13:00 - 13:30	<b>BREAK</b> 13:00 - 13:30	<b>BREAK</b> 13:00 - 13:30	<b>BREAK</b> 13:00 - 13:30	<b>BREAK</b> 13:00 - 13:30	<b>DAY OFF</b>
<b>PHILOSOPHY</b> 13:30 - 15:30	<b>TRAUMA-INFORMED YOGA</b> 13:30 - 15:30	<b>PHILOSOPHY</b> 13:30 - 15:30	<b>PHILOSOPHY</b> 13:30 - 15:30	<b>TRAUMA-INFORMED YOGA</b> 13:30 - 15:30	<b>PHILOSOPHY</b> 13:30 - 15:30	
<b>SNACK BREAK</b> 15:30 - 16:00	<b>SNACK BREAK</b> 15:30 - 16:00	<b>SNACK BREAK</b> 15:30 - 16:00	<b>BREAK</b> 15:30 - 17:00	<b>SNACK BREAK</b> 15:30 - 16:00	<b>BREAK</b> 15:30 - 17:00	
<b>SEQUENCING WORKSHOP</b> 16:00 - 18:30	<b>ASANA LAB</b> 16:00 - 18:30	<b>ASANA LAB</b> 16:00 - 18:30	<b>SOUND HEALING &amp; NIDRA</b> 17:00 - 18:30	<b>ASANA LAB</b> 16:00 - 18:30	<b>RESTORATIVE CLASS</b> 17:00 - 18:30	

Visit [www.vikasa.com](http://www.vikasa.com) for more details and application

First 5 sign-ups receive \$250 off

Contact us at: [inspire@vikasa.com](mailto:inspire@vikasa.com)

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