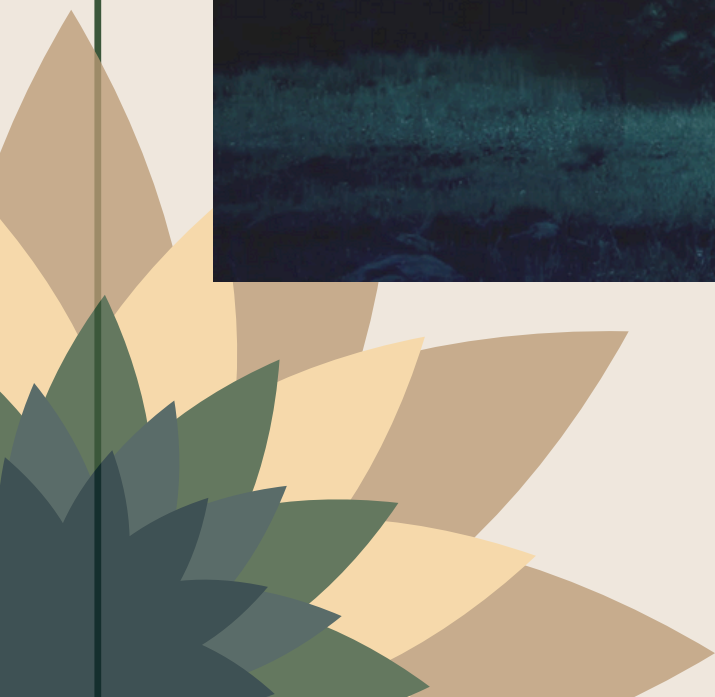


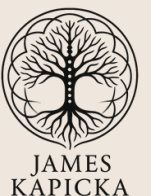
# Yin Yoga Teacher Training with James Kapicka

A 4-Day Immersion into the Art of Yin Yoga  
Studio Partnership Opportunities 2026

E-RYT 500 • Yin Yoga Teacher-Trainer • 15+ years experience



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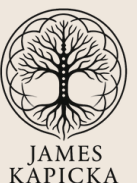
# Yin Yoga Training

Join James Kapicka for a transformative exploration of Yin Yoga that weaves breath awareness, intelligent sequencing, and the art of creating space for deep presence, trust, and inner listening. This training integrates Yin philosophy, anatomy, and energetic principles with Thai Massage–inspired assists, refining your teaching while deepening your somatic and meditative understanding of the practice.

## Training Pillars

- **Somatic principles & embodied awareness** – Integrate breath, sound, touch, and movement to experience your practice from within.
- **Functional anatomy & subtle energetics** – Explore fascia, organs, diaphragms, Chinese meridians, and the sensual spine.
- **Safe and adaptive postures** – Enter, sustain, and exit shapes with stability, props, and modifications for every body.
- **Sequencing & seasonal rhythms** – Design classes around meridian activation, energy flow, and cyclical patterns.
- **The nervous system & trauma-informed teaching** – Support relaxation, stress release, and mindful self-regulation for greater resilience.
- **Assisting & therapeutic touch** – Apply hands-on support and Thai Massage–based techniques with intention and purpose.
- **Holding space with presence** – Create a safe, supportive, and transformative container for practice.

Through a blend of theory, experiential learning, and practicum, we'll explore Taoist wisdom, Chinese Medicine principles, mindfulness, and meditation as integral components of Yin Yoga.



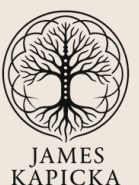
# Learning Outcomes

**By the end of the training, participants will:**

- Understand the anatomical principles of Yin Yoga, including joint mobility, fascial chains, and safe modifications.
- Explore the Chinese meridian system and its relationship to Yin postures for organ health and energetic balance.
- Gain confidence in using intuitive, hands-on assists that foster grounding, connection, and mindful awareness.
- Refine the ability to hold space through somatic-based facilitation, cultivating trust, safety, and community connection.
- Integrate Yin Yoga as both a personal practice and a teaching methodology rooted in intuition, inquiry, and embodiment.

## Training Structure

- **Training Format:** 25-hour Yin Yoga immersion (Four 6.25-hour days); in-studio partnership, adaptable to your community's needs.
- **Materials Included:** A 130-page manual and access to online Yin Yoga classes for deeper study.
- **Continuing Education Credit Information:** Qualifies for 25 CE hours with Yoga Alliance.





# Who This Training Is For

This training is designed for both teachers and practitioners.

- Yoga teachers seeking to refine their skills in Yin postures, sequencing, and assisting while earning continuing education credits.
- Dedicated yoga practitioners who want to deepen their understanding of Yin Yoga and integrate it more fully into their personal practice.



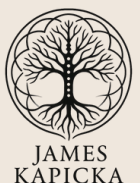
# About James

James Kapicka is a somatic-based movement facilitator, Yin Yoga teacher-trainer, and Thai Massage practitioner with over 15 years of teaching experience. A former studio owner and E-RYT 200 / RYT 500, James has guided more than 500 students through Yin Yoga immersions across the U.S. He has studied with Paul and Suzee Grilley, Sarah Powers, Karen Miscal-Bannon (Embodyoga®), and Bonnie Bainbridge Cohen (Body-Mind Centering®).



His trainings integrate anatomy, functional movement, and mindfulness into an embodied, accessible approach that supports both teachers and students.

At the heart of James' teaching is a devotion to creating space for people to slow down, feel more, and reconnect with themselves as part of nature. Drawing from a background in nondual philosophy, meditation, and both Eastern and Western psychology, he creates a learning environment that is heartfelt, curious, and community-centered. James guides students to trust their intuition, explore creative play, and connect more deeply with themselves, each other, and the natural world.



# Testimonials

Through guiding more than 500 students in Yin Yoga trainings, James has supported practitioners and teachers in cultivating presence, confidence, and a genuine love for the art of stillness.

*I came in expecting to earn a Yin teaching certificate, but I left with something far more valuable — a life-shaping lesson that affirmed the path of truth I've been walking. In a short time, James had a profound impact on me.*

~ Erika Nunez

*Working with James was an incredible experience. He held space in a way that felt safe to learn and teach together, and the immediate sense of community was very strong. He truly embodies yin energy.*

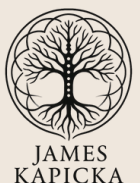
- Stephanie Alston

*I have been teaching Yin for 2 years, but the fresh insights James shared shifted my framework completely. I feel more at ease and knowledgeable in my teaching and can't thank him enough for reinvigorating my yin journey.*

- Lisa Mead

*James' unique perspective, kind heart, and sense of humor make him an absolute pleasure to work with. Attending his training has enhanced my life and personal development — one could even say it's been life-changing.*

- Sue Ferrera



# Studio Partnerships

Ideal partners are studios that currently offer Yin or want to introduce a refined Yin program to their community.



## What the Studio Provides

- Private studio or classroom space with yoga mats and any available props (bolsters, blankets, blocks, straps)
- A quiet environment with temperature control and audio system (Bluetooth-ready for music)
- Registration and payment processing
- Co-branded graphics for the training
- Studio-led support in marketing and promotion (newsletter, social media, in-studio announcements)



## What I Provide

- Curriculum delivery for the selected format
- 130-page manual for each participant
- Access to online Yin classes for continued study
- Certificate of completion and Yoga Alliance CE documentation
- Co-branded marketing assets, copy, and images
- Post-training Q&A office hours within 30 days



# Studio Partnerships



## Studio Partner Pricing

- **Revenue Model:** Typically 70/30 (facilitator/studio), adjusted as needed for travel, accommodations, and to honor both facilitator and studio contributions.
- **Tuition Guidance:** Trainings are priced at \$699, with early-bird rate of \$599, and member pricing tiers.
- **Scholarships:** Community Access Scholarships available, set in collaboration with the studio.



## Marketing and Outreach

- Co-created marketing plan that include flyers, registration page copy, email templates, social media assets, and short videos with shared investment in ads.
- Recommended lead time 3+ months, with early-bird pricing available until 6 weeks prior and additional recruitment marketing during the last 10 days.



## Capacity

- Ideal cohort size 12 to 24.
- Minimum enrollment 8 to proceed (confirmed 30 days in advance)



## Optional Add-Ons

- Guest teaching at studio on adjacent training days
- Yin Yoga or Thai Massage Workshop
- Private Yoga or Thai Massage Services



# Contact & Next Steps

Are you ready to co-create a transformative Yin Yoga training with your community?

Let's connect and explore the next steps together!



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