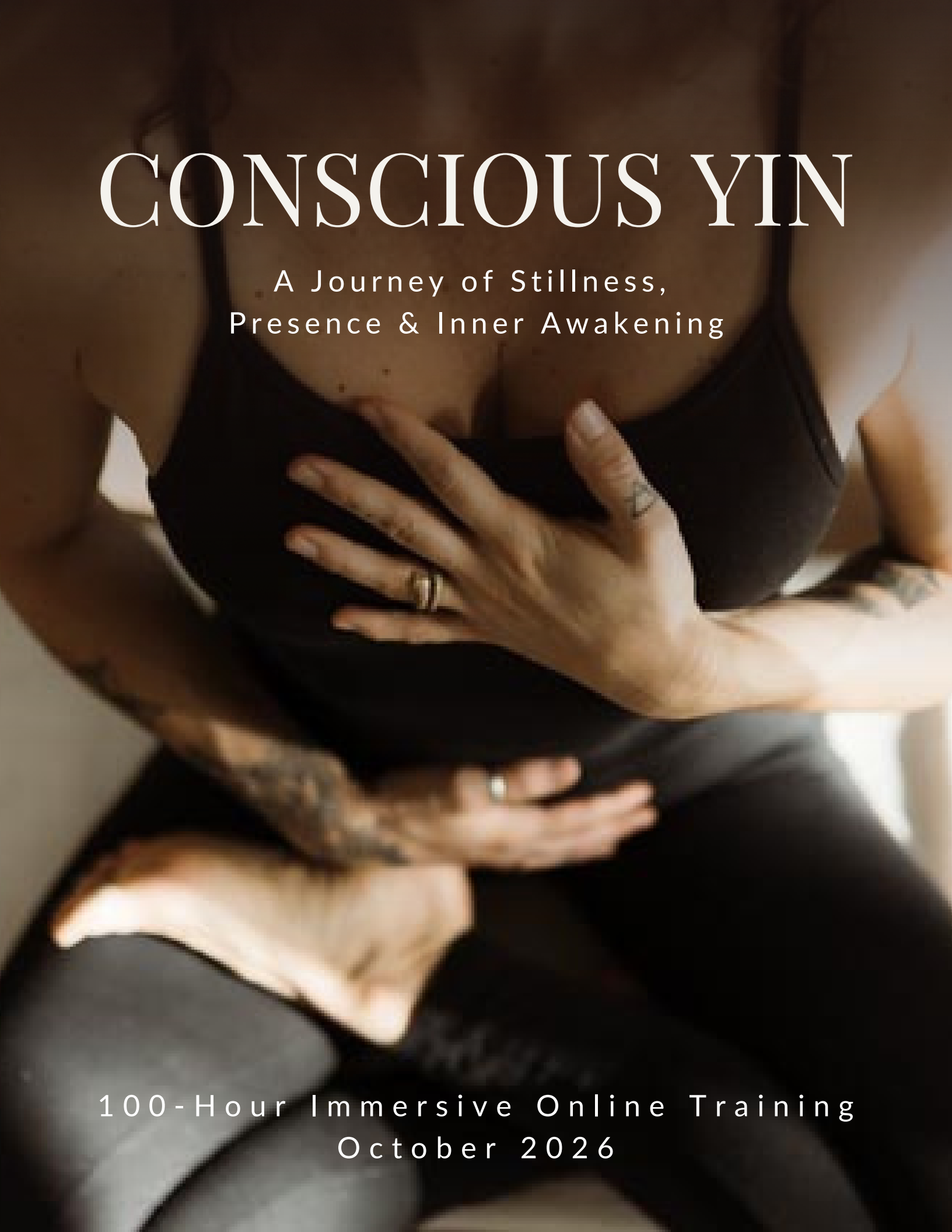


A person is shown from the waist up, wearing a black tank top and black leggings. Their hands are placed on their hips, with fingers spread. They have several tattoos: a large one on the left forearm, a smaller one on the right wrist, and a ring on the ring finger of the right hand. The background is a soft, out-of-focus light color.

CONSCIOUS YIN

A Journey of Stillness,
Presence & Inner Awakening

100-Hour Immersive Online Training
October 2026

Welcome to Conscious Yin & Yoga Nidra

The Art of Deep Rest

Conscious Yin & Yoga Nidra is a journey of deep rest, connection, and self-discovery, weaving together the foundations of Yin Yoga with the timeless wisdom of yoga philosophy, mindfulness, meditation, and Yoga Nidra.

Rooted in the three pillars of the Yin Body, Yin Mind, and Yin Heart, this immersive training invites us to explore Yin not only as a practice on the mat, but as a way of moving through life with greater presence, awareness, and intention.

Through long-held postures, contemplative practice, self-inquiry, and deep rest, we learn to listen more deeply to the wisdom of the body, cultivate a more compassionate relationship with the mind, and reconnect with the quiet intelligence of the heart.

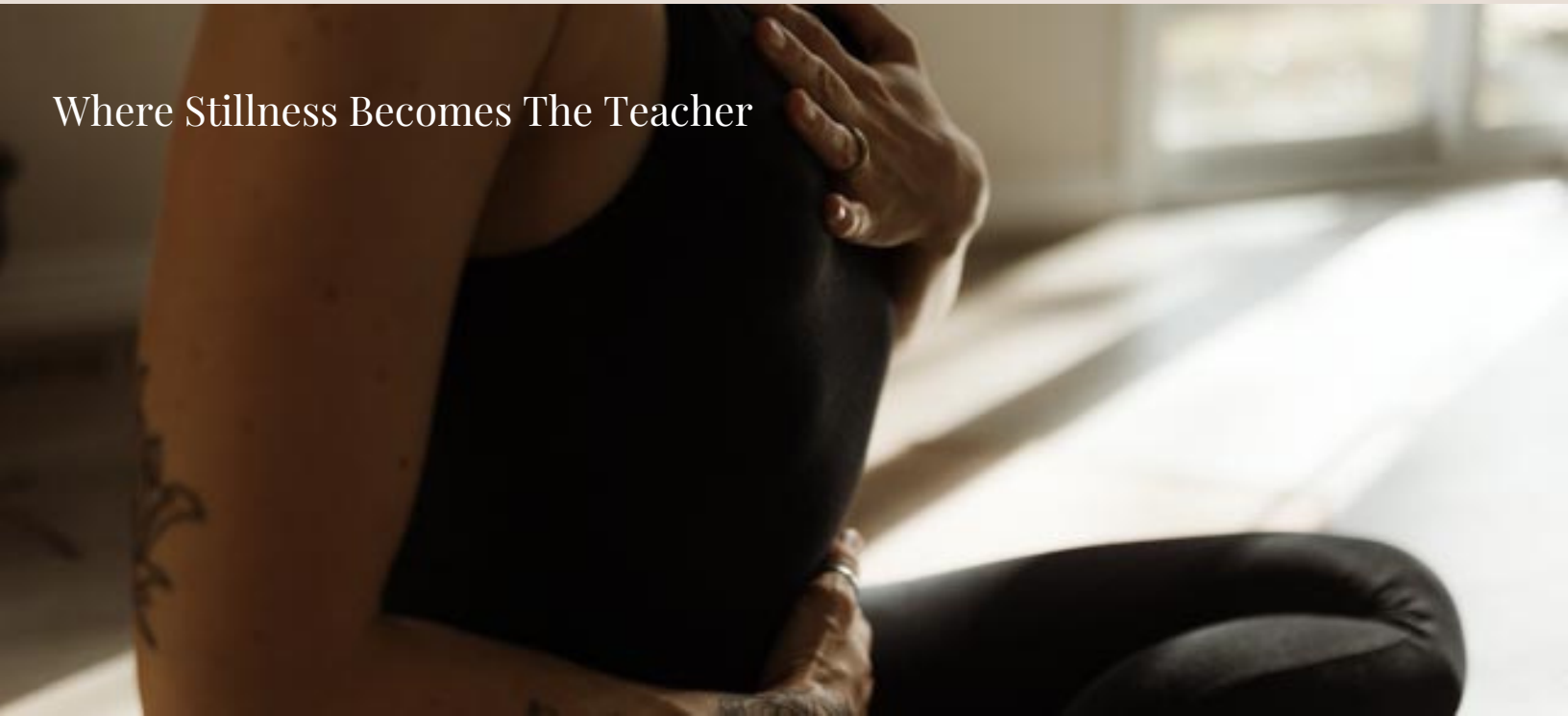
Together, we explore the physical foundations of Yin Yoga, functional anatomy, fascia, and energetics, while also weaving in the transformative practices of mindfulness, meditation, Yoga Nidra, Sankalpa, and embodied awareness.

More than a training, this is an invitation to slow down, soften, and return to what is essential. To cultivate a life rooted in presence rather than urgency, awareness rather than reactivity, and connection rather than striving.

A journey into deep rest.

A journey into embodied living.

A journey home to yourself.



Where Stillness Becomes The Teacher

A Vision For Our Times



Conscious Yin extends far beyond the mat—it is a living, breathing way of being that helps us meet the intensity of our times with greater presence, steadiness, and clarity. I know that many come to Yin and stillness-based practices seeking refuge: rest, peace, connection, healing, recovery, insight, or a deeper sense of alignment.

This program is my wholehearted offering to you, and to the world. It is an invitation into the practice of deep rest—not simply the rest of the body, but the profound rest that emerges when we are balanced, connected, and living in harmony with our deepest values and purpose.

Within these teachings, you will find many of the practices, insights, and experiences that have guided my own journey. More importantly, you will be invited to discover your own path—cultivating an inner sanctuary of presence, resilience, authenticity, and trust.

May we walk this path together with curiosity, compassion, and an open heart, exploring Yin as a living practice that nourishes body, mind, and spirit.

With love, reverence, and gratitude,

Kristyn Rose



WHAT IS CONSCIOUS YIN?

Conscious Yin is an invitation to experience Yin as more than a physical practice—to meet it as a living, embodied path of awareness, deep rest, and self-discovery. Rooted in the foundations of Yin Yoga and enriched by mindfulness, meditation, Yoga Nidra, philosophy, and contemplative practice, Conscious Yin explores how stillness can become a powerful teacher. Through the practice of slowing down, we learn to listen more deeply to the wisdom of the body, cultivate a more compassionate relationship with the mind, and reconnect with the quiet intelligence of the heart.

Together, we explore how Yin influences not only the muscles, fascia, joints, and nervous system, but also the way we relate to sensation, emotions, thoughts, relationships, and the ever-changing seasons of life. Through Yin postures, meditation, Yoga Nidra, breathwork, self-inquiry, journaling, and subtle body awareness, we cultivate the capacity to meet ourselves with greater presence, clarity, and compassion.

This program is designed for anyone who feels called to slow down and deepen—beginners, experienced practitioners, yoga teachers, and sincere seekers alike. Whether your intention is to support your own wellbeing, embody more Yin in your daily life, or learn how to skillfully guide these practices for others, this training offers a spacious and supportive container for exploration, transformation, and integration. At its heart, Conscious Yin is not about striving, fixing, or becoming someone new. It is a practice of remembering. Remembering how to rest. Remembering how to listen. Remembering how to live with greater presence, authenticity, and wholeheartedness. A return to what has always been here.



KRISTYN ROSE FOSTER

500+ HOUR REGISTERED YOGA TEACHER
FOUNDER OF CONSCIOUS YIN

Kristyn Rose is a devoted yoga practitioner and teacher who offers yoga as a path of remembrance—an invitation to slow down, listen deeply, and reconnect with what is quietly true. Her journey began at sixteen, following her retirement from a career as a provincial gymnast, when yoga became a refuge during a period of profound transition. What began as a physical practice gradually revealed itself as a way of relating to the body, breath, and inner landscape with presence and care.

Over time, Kristyn's path naturally shifted from structured movement into the depths of stillness, where she encountered the transformative power of conscious rest and embodied awareness. Yin Yoga and Yoga Nidra became central to her personal recovery and inner growth, offering practical tools to safely meet discomfort, regulate the nervous system, and cultivate resilience from within. Through sustained practice, stillness revealed itself not as absence, but as a living, intelligent field—one that fosters trust, clarity, and a deep sense of inner steadiness.

This lived experience shapes how Kristyn guides and holds space. Teaching from a trauma-sensitive and compassionate perspective, she creates environments where students feel supported to embrace stillness, explore inward, and feel deeply—at their own pace. Each practice is offered as an opportunity to return to the light of one's true nature, reconnect with inner wisdom, and align more fully with one's purpose in life and in the world. In a world in need of more Yin—more listening, more presence, more rest—she has carefully crafted this program to be more than a study of postures. It is an invitation into a living method for cultivating inner rest, resilience, and alignment in a time that asks so much of us.

WHY CONSCIOUS YIN?

Conscious Yin was born from the understanding that Yin is far more than a style of yoga—it is a way of being.

While rooted in the physical practice of Yin Yoga, this training explores the deeper dimensions of practice through mindfulness, meditation, Yoga Nidra, self-inquiry, philosophy, and embodied awareness. Rather than focusing solely on what we do on the mat, we explore how the principles of Yin can shape the way we relate to ourselves, others, and the world around us.

At the heart of this training is the belief that meaningful teaching begins with personal practice. Students are invited to first cultivate their own relationship with stillness, presence, deep rest, and self-discovery, allowing any desire to guide or teach others to emerge naturally from lived experience and embodiment.

Through a balance of self-paced learning, live mentorship, community connection, and experiential practice, this program offers both structure and spaciousness. It is designed to support not only the development of knowledge and skills, but the cultivation of awareness, resilience, compassion, and a deeper connection to what is most essential.

This is more than just a Yin Yoga training. It is also an opportunity to adopt the pace of Yin and learn how to slow down, listen deeply, and live with greater presence.



WHAT THIS PROGRAM OFFERS

Living Yin Beyond the Postures

This immersive 100-hour training offers a comprehensive exploration of Yin Yoga, Yoga Nidra, mindfulness, meditation, and embodied living through the three pillars of the Yin Body, Yin Mind, and Yin Heart.

Together, we will explore the foundations of Yin Yoga, including functional anatomy, fascia, skeletal variation, somatic awareness, sequencing, and the art of skillfully holding space. You will learn how to approach Yin as a practice of listening rather than achieving, developing a deeper understanding of the body, breath, nervous system, and the wisdom that emerges through stillness.

Beyond the physical practice, we will explore mindfulness, meditation, self-inquiry, yoga philosophy, nervous system regulation, and contemplative approaches to living with greater presence and awareness. Students will also be introduced to the foundations of Yoga Nidra, Sankalpa, the Koshas, subtle body awareness, and deep rest as pathways into self-discovery and inner awakening.

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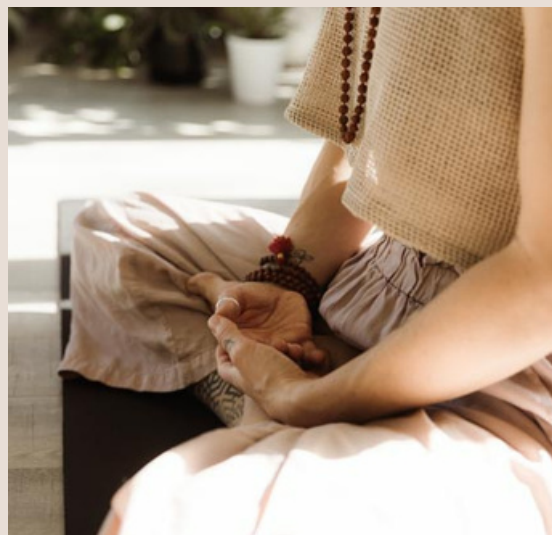
“Kristyn's Conscious Yin Program was exactly what I needed. The depth and authenticity of this program opened me up in a way I could never have imagined. It made the longest journey we will ever take, from our head to our heart, possible”

Peter Vandendort, Ontario, Canada
Conscious Yin Graduate

WHAT THIS PROGRAM OFFERS

Living Yin Beyond the Postures

The Yoga Nidra component of this training is designed to cultivate a deep personal understanding and appreciation of the practice. While this program does not prepare students to teach Yoga Nidra, it provides a strong experiential and philosophical foundation for those wishing to deepen their own practice and serves as a beautiful first step toward future Yoga Nidra studies.



“

I would share that Kristyn is a master of this discipline but also a true teacher. I have been a student of Kristyn in the past, so instinctively knew this course would be special- but it's surpassed expectations. Kristyn has a unique ability to expertly, lovingly and authentically guide others onto the path of yin with embodied wisdom. I can't imagine having gone through this experience with any other teacher.

Jen Gale, Utah, USA
Conscious Yin Graduate



WHAT THIS PROGRAM OFFERS

Supported & Flexible Learning Experience

Whether you are joining to deepen your personal practice, enrich your understanding of Yin Yoga, explore an introduction to Yoga Nidra, or develop the confidence to share these teachings with others, this training offers a rich and supportive container for personal growth, mentorship, and community.

The program combines self-paced online learning with live connection calls, workshops and support, allowing you to move through the material at a pace that encourages meaningful integration while remaining connected to a dedicated Sangha or community.

Included in the training:

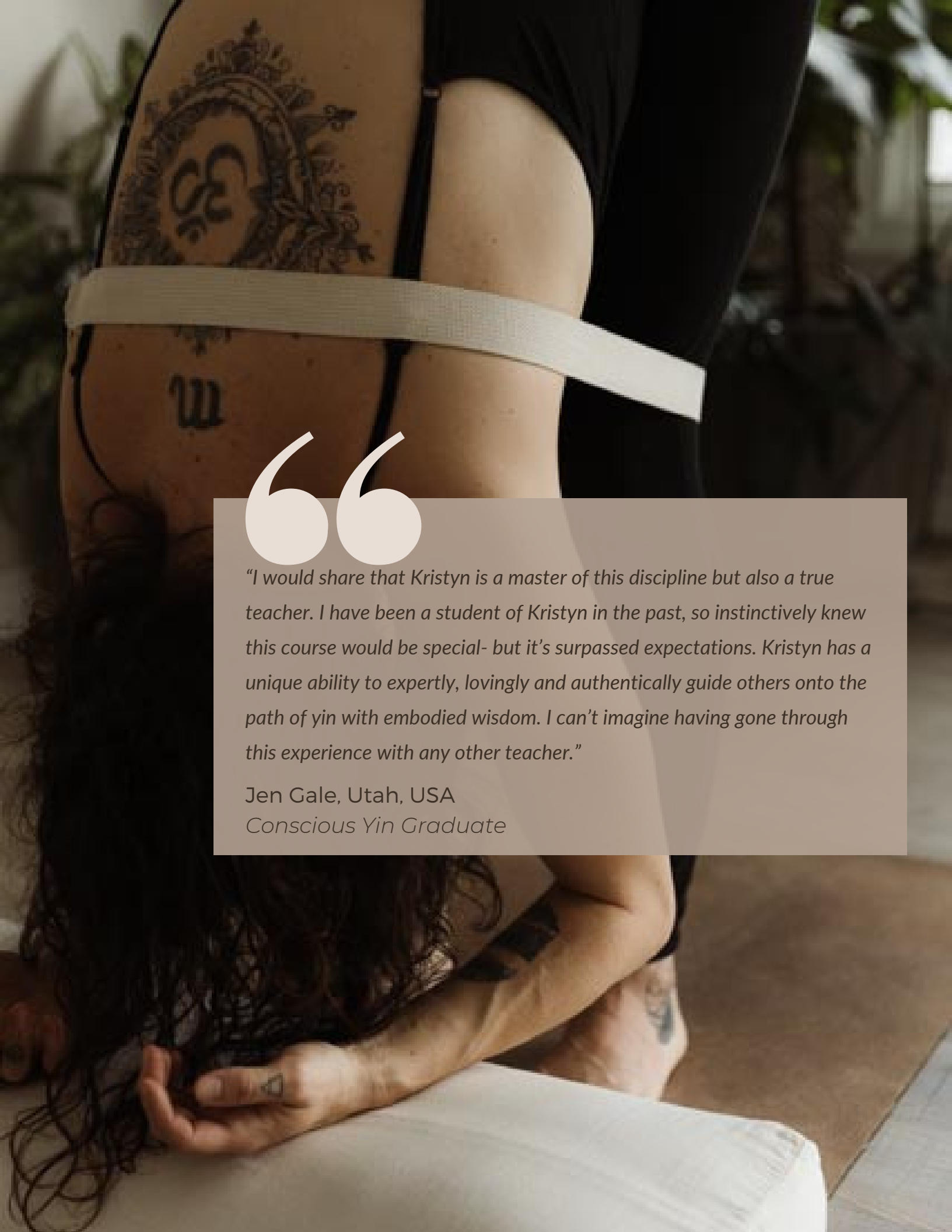
Self-Paced Learning

- 16 weeks of thoughtfully organized learning modules
- Pre-recorded lessons, guided practices, and experiential reflections
- Recorded Yin Yoga classes, Yoga Nidra, meditation, and breathwork
- Reflection exercises, journaling prompts, and study resources
- Lifetime access to the Conscious Yin classroom

Live Learning & Community

- Weekly live Yin Yoga classes
- Weekly mentorship and Q&A calls
- Bi-weekly specialty workshops
- Monthly community gatherings
- Practice teaching and supportive feedback
- A private sangha for connection and accountability



A person is shown from the back, wearing a black top. A white cloth is draped around their waist. On their upper back, there is a large, ornate tattoo of an Om symbol surrounded by floral patterns. Below it, a smaller tattoo of a stylized 'W' or 'M' is visible. The person's long, dark, curly hair is visible at the bottom of the frame.

“

“I would share that Kristyn is a master of this discipline but also a true teacher. I have been a student of Kristyn in the past, so instinctively knew this course would be special- but it’s surpassed expectations. Kristyn has a unique ability to expertly, lovingly and authentically guide others onto the path of yin with embodied wisdom. I can’t imagine having gone through this experience with any other teacher.”

Jen Gale, Utah, USA
Conscious Yin Graduate

THE JOURNEY INWARD

The Yin Heart

- Yoga Nidra foundations
- Sankalpa and heartfelt intention
- The Koshas and subtle body awareness
- Deep rest and inner awakening

Integration & Embodiment

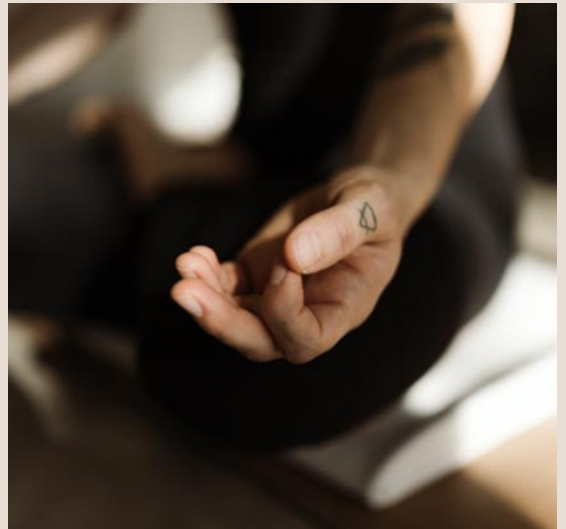
- Sequencing and class design
- Holding space for self and others
- Practice teaching and mentorship
- Bringing Yin into the world

The Yin Body

- Foundations of Yin Yoga
- Functional anatomy and fascia
- Somatic awareness and embodied practice
- The art of listening to the body

The Yin Mind

- Mindfulness and meditation
- Nervous system awareness
- Self-inquiry and contemplative practice
- Living Yin in daily life



"My experience was deep. I went in deep. I surrendered to Yin and to the wisdom of my body. I feel more equipped now to continue with my life."

Greta Giedraitytė, Lithuania
Conscious Yin Graduate

CURRICULUM OVERVIEW

Supported & Flexible Learning Experience

A unique blend of approximately 75 hours of foundational Yin Yoga study and 25 hours of Yoga Nidra, meditation, mindfulness, and deep rest practices.

Through a balance of theory, embodied practice, self-inquiry, and mentorship, students are invited to explore the body, mind, and heart while cultivating the skills, awareness, and confidence to embody and share these teachings with others.

Yin Yoga Foundations & Functional Practice – 25 Hours

- History, philosophy, and principles of Yin Yoga
- Functional approach to practice
- Yin asana clinics, modifications, and variations
- Skeletal diversity and individual differences
- Props, support, and intelligent adaptation
- Sequencing and class design

Functional Anatomy, Fascia & The Yin Body – 20 Hours

- Functional anatomy for Yin Yoga
- Fascia, connective tissue, and Yin tissues
- Tension and compression
- Joint health and range of motion
- Somatic awareness and embodied movement
- Nervous system awareness and the physiology of rest

Meridians, Energy & The Subtle Body – 10 Hours

- Introduction to Traditional Chinese Medicine
- Meridian theory and energetic pathways
- The Five Elements
- Prana, energetics, and subtle body awareness
- Chakras and energetic inquiry

CURRICULUM OVERVIEW

Mindfulness, Meditation & Contemplative Practice – 15 Hours

- Foundations of mindfulness
- Meditation practices and techniques
- Self-inquiry and reflective practices
- Journaling and contemplative exploration
- Living Yin beyond the mat

Introduction to Yoga Nidra & Deep Rest – 15 Hours

- Foundations and history of Yoga Nidra
- Sankalpa and heartfelt intention
- The Koshas and layers of experience
- Inner refuge and trauma-based practice
- Deep rest, inner listening, and self-discovery

Teaching Methodology & Integration – 15 Hours

- Trauma-sensitive and compassionate space holding
- Language, cueing, and authentic communication
- Creating meaningful themes and experiences
- Practice teaching and mentorship
- Integration, embodiment, and sharing the teachings



FREQUENTLY ASKED QUESTIONS

“

How long is the Conscious Yin training?

The program unfolds over 16 weeks, offering a spacious and immersive learning experience that supports both study and integration. Students also receive lifetime access to the classroom materials, allowing the teachings to be revisited and explored long after the training concludes.

“

Who is this program for?

This training is open to anyone who feels called to slow down, deepen their practice, and explore Yin as a way of living. Whether you are new to Yin Yoga, an experienced practitioner, a yoga teacher, or simply someone longing for greater presence and connection, you are warmly welcome here. No prior experience with Yin Yoga or Yoga Nidra is required.

“

Do I need to attend all of the live calls?

While live participation is encouraged, all sessions are recorded and available for replay. This allows students to move through the training in a way that supports their schedule, lifestyle, and time zone.

“

How much time should I expect to dedicate each week?

Live calls are approximately 4 hours per week (workshop + Q&A/practice). In addition, time for recorded practices, reading, reflection, and optional practice teaching may vary depending on your personal goals. Everything is designed to integrate seamlessly into your life and at your own pace.

“

What is included in the live calls?

Throughout the training, we will gather for live workshops, mentorship calls, practice sessions, and community connection circles. These gatherings offer opportunities to deepen your understanding, ask questions, receive support, and connect with fellow students within the sangha.

“

How much time should I expect to dedicate each week?

Students can expect to dedicate approximately 5–7 hours per week to lessons, practices, reflection, and live calls. The program is designed to be flexible, allowing each student to engage with the material in a way that supports their lifestyle and learning journey.

“

What learning materials are included?

Students will receive access to recorded lessons, guided Yin Yoga practices, Yoga Nidra sessions, meditation and mindfulness practices, breathwork exercises, asana clinics, reflection prompts, worksheets, and curated resources to support continued study and integration.

“

How long do I have access to the program?

Students receive lifetime access to all recordings, lessons, and classroom materials. While the live training unfolds over 16 weeks, you are welcome to revisit the teachings and continue your learning long after the program concludes.

“

Do I need to complete the program within 16 weeks?

No. The 16-week container provides structure, community, and support, but the program is designed to honour individual learning styles and life circumstances. Students are encouraged to move at a pace that supports meaningful integration. Lifetime access allows you to return to the materials whenever needed.

“

Do I get a Certificate for completing the training?

Yes. Students who complete the program requirements will receive a Certificate of Completion for the 100-Hour Conscious Yin & Yoga Nidra Training. This program is designed for both dedicated practitioners and yoga teachers. Yoga Alliance Continuing Education recognition is a future goal as the program continues to evolve.

“

Is this training suitable if I don't plan to teach?

Absolutely. While the training includes teaching methodology and practice teaching opportunities, many students join primarily to deepen their personal practice, cultivate greater self-awareness, and explore the transformative practices of Yin Yoga, mindfulness, meditation, and Yoga Nidra.

“

Are there payment plan options available for the tuition?

Yes. Flexible payment plan options are available to help make the training accessible. Details will be provided during registration.



YOUR JOURNEY BEGINS HERE

If you feel called to explore Yin as a living practice, deepen your relationship with stillness, and cultivate greater presence, awareness, and embodied wisdom, I would be honoured to welcome you into this next circle.

APPLY TODAY

FILL OUT THE ONLINE APPLICATION

**ONE
PAYMENT OF
\$797 USD**

OR

**THREE
PAYMENTS OF
\$279 USD
OVER 3 MONTHS**

All prices are in USD. Taxes may apply where applicable.

THE NEXT STEP

If this training speaks to something within you, I invite you to take the next step. Whether you are seeking to deepen your personal practice, explore Yin as a way of living, or share these teachings with others, Conscious Yin & Yoga Nidra offers a supportive and transformative path of study, practice, and self-discovery.

This journey is not about becoming someone new. It is an invitation to slow down, listen deeply, and reconnect with the wisdom that already lives within.

To apply, please complete the online application form below.

[Conscious Yin Registration Form](#)

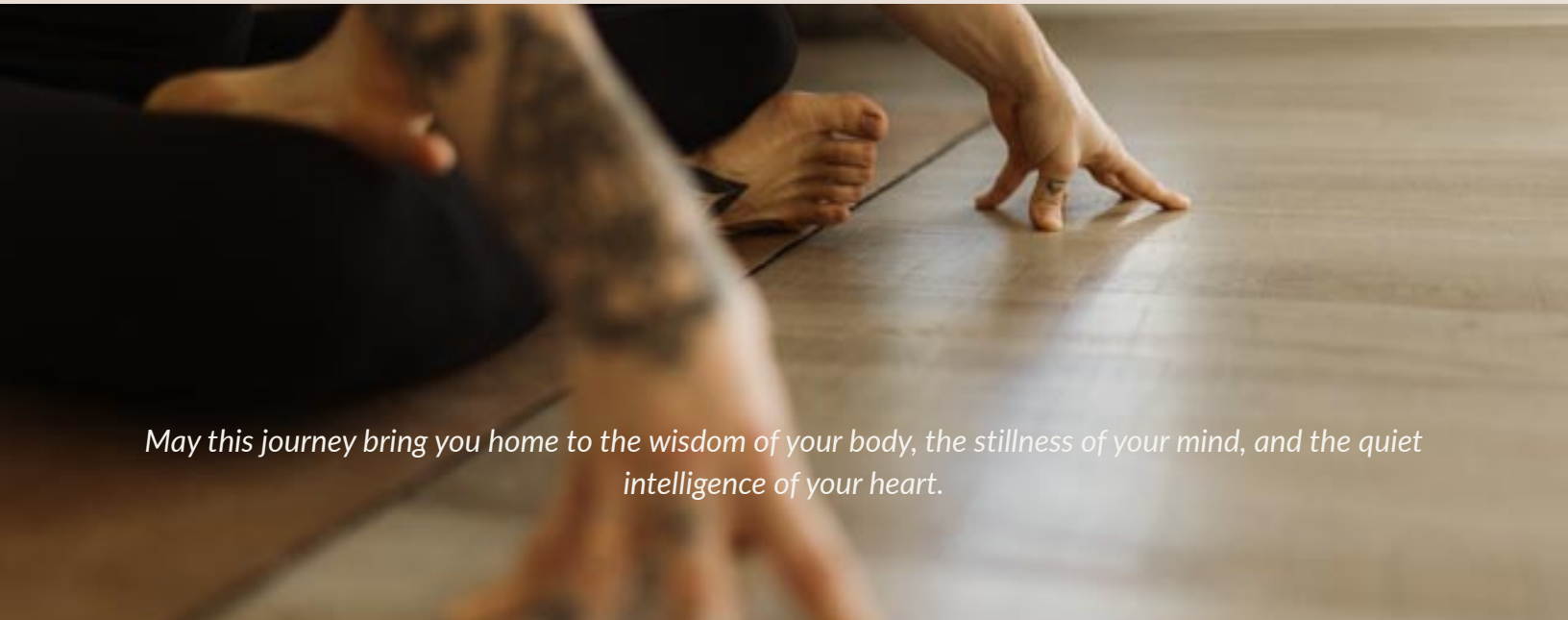
This training is intentionally offered as an intimate learning experience to support meaningful connection, mentorship, and community. Spaces are limited.

Questions?

I'd be happy to connect and support you in determining whether this training feels like a good and aligned fit. Please don't hesitate to contact me:

By email: kristynroseyoga@gmail.com

Book a live connection call with me [here](#).



May this journey bring you home to the wisdom of your body, the stillness of your mind, and the quiet intelligence of your heart.