

Training, Understanding, Practicing and Teaching Yin Yoga

Undertake a journey of self- transformation with Yin Yoga. On this journey, you will radically change your ideas of what yoga is, discover how to get more out of your current practice, and teach these effectively to your students. Yoga in the modern world has been dominated by dynamic Yang styles. Yin Yoga has gained its popularity as a balancing counterpoint and as an alternative choice of engaging in our yoga practice. This journey will immerse you in the transformative power of Yin Yoga to bring balance to your life, empower you with the knowledge of Yin Yoga at its very core, and equip you with the teaching skills that enable you to effectively share the depth of the practice with others. Below is an overview of the class descriptions:

The Theory & Practice of Yin Yoga

Through this course, you will develop a complete understanding of the principles of Yin Yoga, get acquainted with the Yin tissues of the body, experience the role of Yin Yoga in effectively addressing these deeper tissues, and learn to successfully share this knowledge with students through the Yin Yoga practice. This program empowers teachers to develop a Yin practice to balance the dynamic practices both for themselves and their students.

At the end of The Theory & Practice of Yin Yoga participants will:

- Understand the nature of Yin and Yang principles according to Taoist point of view and how these principles relate to yoga
- Communicate the difference between Yin Yoga & dynamic (Yang) forms of Yoga and the benefits of a regular Yin practice
- Be familiar with the Connective Tissues & different Joint Movements
- Skillfully sequence Yin Yoga classes centered on anatomical themes
- Effectively modify poses for a variety of anatomical concerns
- In addition, participants will be given valuable tips on how to become a successful Yin Yoga teacher.

The Yin Yoga Meridian Series

The Meridian Series focuses on the energetic benefits of Yin Yoga. Based on Taoism, Traditional Chinese Medicine, and Yoga Philosophy, the second course offers an expanded approach to the Yin Yoga practice through a strong focus on the energetic dimensions of the body. The discussion involves understanding how the stimulation of the meridian channels of the body through Yin Yoga in turn stimulates the related organs in the body bringing health and vitality to practitioners.

At the end of the Yin Yoga Meridian Series, the participant will be able to:

- Identify with their energy bodies according to both Yoga (nadis and chakras) and Traditional Chinese Medicine (Meridians)
- Comprehend the difference and similarities of prana and chi
- Understand the Meridian Theory and the movement of energies in the body and its relationship to maintaining health and wellbeing
- Appreciate the relationship of the Five Elements and the Five Major Organs
- Develop Yin Yoga sequences that effectively stimulate specific meridian channels