

Frequently Asked Questions | Yin Yoga Teacher Training

Can I teach Yin Yoga if I only take Course 1?

Teaching is an extension of your practice and the course is to help clarify the practice for you to make your teaching become more interesting and successful for your students. It is recommended that you deepen your practice to make your teaching more effective.

Will we cover Anatomy during the training? Anatomy will be discussed during the training but this is not an anatomy course. As such, the discussions on anatomy will revolve around issues necessary for a Yin Yoga teacher to be successful. Specifically, it will focus on the importance of connective tissues in the body. It will not be a full Anatomy course.

Will we be given a certificate after the course? Can this be used as continuing education with Yoga Alliance?

Yes 30 hours of continuing education certificate will be issued.

Yin Yoga is a quiet practice, which emphasizes on holding each pose for a longer period of time (3-5 minutes) while encouraging the entire body to relax into a deep, passive stretch. In Yin Yoga we come into the poses with relaxed muscles in order to effectively target the yin tissues of the body such as the fascia, ligaments, tendons, and joints. The weight of the body provides traction to the tissues, especially the connective tissues in-between the muscular layers and the surrounding joints. Yin Yoga poses focus on the lower body particularly the lower back, sacrum and hips. They also work in the knee and ankle areas. Because of the opening and spaciousness in each joint, practitioners feel more freedom of movement, deep relaxations and lightness.

Can a beginner do Yin Yoga?

A typical beginner who lacks both flexibility and strength is usually challenged on all fronts in a yoga class. It is important and advisable to focus on one issue at a time. Yin Yoga can tremendously improve a student's flexibility. If a beginner can first practice more Yin Yoga, he or she will find that they will be able to cope better in more dynamic classes. Many beginners are often discouraged by their initial yoga experience.