

Energy Medicine Yoga – Energy Body Yoga

Program Content

The intention of this program is to merge what we have been learning about the energy systems of our body, with the shapeshifting. We'll be exploring how we can connect the physical, energy, and mind bodies by expanding our attention to the whole body while on the mat but also when off the mat. Such integrated practices may also influence our wellbeing, like totality of Yoga does in its essence, but we will place more attention on the body which is in us.

Practices listed in this outline are just a small part of what we will practice and explore during this program.

1. Principles of Energy Medicine

- Body Energy Systems
- Access Points

2. Energy Medicine – Selected Elements

- Meridian Points
- Radian Circuits
- Neurolymphatic Reflect Points
- Neurovascular Holding Points
- Strengthening and Sedating points
- ... more

3. Energy Medicine – Selected Practices

- Energy Testing
- Flushing Meridians
- Homolateral Cross-Over
- Four Thumps
- Chakras – Clearing, Balancing, and Strengthening
- ... more

4. Principles of Energy Medicine Yoga

- Applying EM Principles while in postures
- Modifying Yoga postures
- Adapting EM practices to Yin Yoga

5. Energy Medicine Yoga Practices

- The wake-up
- Sun Salutations
- Triple-warrior vinyasa
- Five-elements salutation

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- Fish pose with chakra clearing
- Kidney three-point pose
- Child's posture with spinal flush
- Head to knee pose with spleen strengthening
- Supported shoulder stand with electric hold
- Legs up the wall with electric hold
- Savasana with chakra link
- ... many more

6. Selected Practices for Five Elements

- Emphasizing elements of fire, earth, metal, water, and wood
- Five seasons effect on Yoga practice
- Using Body Clock to enhance asana practice experience

7. Teaching Energy Medicine Yoga

- Special considerations
- Adding EM Yoga postures to any Yoga practice
- Designing complete EM Yoga class.

Textbooks:

- **'Energy Medicine', by Donna Eden** ([Amazon link](#))
- **'Energy Medicine Yoga Prescription', by Lauren Walker** ([Amazon Link](#))

Course Activities:

- Participation in weekly meetings: 60 - 75 min
- Home study and practice: around 45 minutes a week
- Presentations by participants
- Session will be recorded and available for review or for catching up

Schedule:

- 7 weekly meetings on Sundays at 17:45 GMT
- First Meeting on January 18, 2026
- Program is registered with Yoga Alliance as 12 CEU hours but can also be used towards the 200 300, and 750-Hour Yoga Teacher Certification. Wind of Prana is RYS-200 and RYS-300.

Tuition:

- Regular: \$150 in three \$50 payments, or \$135 in full
- Wind of Prana 300H graduates: \$75
- All courses, programs and Yoga classes are included in studio membership.
- Annual membership is \$775 for 12 months, or \$75 a month, \$375 for 300H Wind of Prana graduates.