

Wind of Prana International School of Yoga

Advanced Yin Yoga Teacher Certification Program

*“When the five senses are stilled, when the mind
Is stilled, when the intellect is stilled,
That is called the highest state by the wise.
They say yoga is this complete stillness
In which one enters the unitive state,
Never to become separate again.”
Katha Upanishad [II-3]*

“Yin Yoga must allow us to find that unitive state and our place in the Yin – Yang continuum.”

Program Content

1. Yin Yoga Postures – Beyond the Routine

“It’s not just the body shape that matters, but what it invokes in us.”

- Traditional and new postures and flows
- Mechanics
- Benefits
- Flows
- Space in-between the postures
- Depth/duration
- Safeguarding
- Exploring nature of each (physical, emotional, spiritual); in the class and at home
- Home practice (homework)

2. Yin Philosophy

“In company of Yang”

- Historical Yin-Yang knowledge
- Yellow Emperor’s Discoveries
- Yin of mind and body
- Bigger picture – humans place on the sky-earth axis
- Yin within and without; no boundaries

3. Meridians

"Foundation of practice in energetic and spiritual realms."

- Meridian system primer
- Yin Meridian points
- Spiritual points on Meridians
- Influencing experiences – experiencing influences
- Connecting with meridian points to intensify the 'out of posture' experience while being in the posture

4. Koshas

"Neutralizing what keeps the practice shallow."

- Two models – 5 and 7 koshas
- Theory and philosophy
- Kosha body/consciousness types
- Impact on Yin Yoga practice

5. Consciousness Levels

"To deepen the awareness of 'what' and 'why'."

- 8 Consciousnesses – awareness of transitions
- Purifying 6 body sense consciousnesses
- 'Store' consciousness
- Impact on Yin Yoga practice

6. Eight Elements and Body Clock

"Personalizing the practice."

- Two models (Ayurvedic and Taoist)
- Explanation of Body Clock
- Using Body Clock to enhance Yin Yoga experience

7. Teaching Principles and Class Design

"To respect the individual but to expose the oneness we all are."

- Class Design – from free style to 'designer Yin Yoga'
- Principle of flow and minimum change
- Use of props – when to use it and when to not
- Protecting student's physical, mental, and spiritual essentials
- Respecting what stops the student
- Role of Yang in Yin Yoga practice
- Including Pranayama, Meditation, and Yoga Nidra during Yin Yoga class
- **Bonus: Designing a complete Wall Yin Yoga class**

8. Yin Yoga classes

“Becoming a teacher while being a student.”

- Two to choose from: wall Yin Yoga or floor Yin Yoga
- Participation based on the student’s time zone
- More instructional – more descriptive – with time for questions

9. Presenting postures by each student

“Learning what there is to present first.”

- Teaching assigned posture to the group (one posture per student per session)
- Group discussion at the end of the class
- One to three postures per student during the course (depending on the class size)

10. Extra Bonus - Principles of Acu-Yin

“Connecting remaining dots.”

- Theory of Acu Yoga
- Integrating Acu Yoga with Yin Yoga
- Samples of Acu Yoga postures

11. Final quiz

“Not a test but a review of what we have learned.”