

# Wind of Prana and Waite Yoga

## Yin Yoga Certification Course

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### Course Syllabus

1. Ancient Science of Yoga, Yin as Core
2. States of Consciousness, Levels of Being, Roles of Shakti and Shiva
3. Yin and Yang and Theory of Yin Yoga
4. Extensive Exploration of 5 Elements, Meridians and Regulatory Channels
5. Anatomy of Yin: Mind, Body and Spiritual Elements
6. Anatomy of Connective Tissue, Local and Collective Network
7. Practicing Yin Yoga: Three Tattvas, Intention and Attention, Stress and Rest, ...
8. In-Depth Study of Yin Yoga Postures (each student will explore and present multiple postures to the class)
9. Yin Yoga Flows For body organs
10. Yin Yoga Flows for chakras
11. Exploring flows for different body organs
12. Chakras – Different View
13. Exploration of Cosmic Breath, Mind and Meditation
14. Designing Yin Yoga Class
15. Sequencing Yin-Yang Yoga Class
16. Principles of Teaching Yin Yoga
17. Principles of Assisting in Yin Yoga

### Certification Requirements:

1. Participation
2. Reading assignments
3. Presenting Yin Poses
4. Written test
5. Practicum – Teaching 60-75 min Yin Yoga Class

### Required books:

- “The Complete Guide to Yin Yoga” – Bernie Clark  
“Your Body Your Yoga” – Bernie Clark