



# 40 Hour Yin Yoga Training

This unique offering will personalize your yoga practice and strengthen the relationship with your body, stillness and sensation. Yin is a unique practice that requires observation, stillness and a sense of relaxation. Yin can help one develop a meditation practice by learning to calm the mind while being still for longer periods of time. It allows the practitioner an opportunity to familiarize oneself with deep tissue that isn't penetrated in a traditional yoga practice as well as receive the calming benefits that come with the practice. You do not need to have any prior yin yoga experience or the desire to become a teacher. If you have a passion for yoga this training is for you!



## MISSION

**To provide high quality educational wellness tools and skills at affordable rates. Education needs to be accessible not a privilege.**

# Course Curriculum

40 HOUR YIN TRAINING



**01. FOUNDATION OF YIN  
INTRO TO PRINCIPLES & BENEFITS OF YIN**

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**02. BENEFITS OF THE PRACTICE  
PHYSICAL - ANATOMY & PHYSIOLOGY**

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**03. BENEFITS OF THE PRACTICE  
ENERGY - QI, PRANA, MERIDIANS,  
CHAKRAS, ELEMENTS**

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**04. BENEFITS OF THE PRACTICE  
MENTAL/EMOTIONAL - YIN & MEDITATION**

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**05. THE POSES OF YIN  
BENEFITS, CONTRAINDICATIONS**

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**06. FUNCTIONAL APPROACH TO YIN  
YIN IS LIFEWORK**

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**07. AWAKENING YOUR INNER GUIDE:  
FINDING YOUR VOICE, HOW TO SEQUENCE**

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**08. BRINGING IT ALL TOGETHER!**